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sexy new
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8 secrets
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APRIL 2015

contents



On the cover

Lauren Conrad p. 104

15 easy & sexy new haircuts p. 34

8 secrets to lasting happiness pp. 74, 91

Skinny pasta recipes p. 122

3 steps that strengthen any marriage p. 114

175 style steals starting on p. 16

Get more from your money starting on p. 93

18 Spring style buys for every size

Compliments of our resident fashion boy genius, Brad Goreski.

20 Brighten up those tired eyes

Try Mally Roncal's three-step plan for an "I just slept for 12 hours" look.

22 The shape-up trick that takes seconds

Alison Sweeney has the secret to looking taller and slimmer.

24 One truly incredible burger

It's buffalo chicken with blue cheese sauce. Thank you, Carla Hall!

Team Red

26 Make over an old file cabinet

Emily Henderson's D.I.Y. is almost too cute to be so cheap.

28 Help your money work harder

Team Red newbie Nicole Lapin swears investments can be fun.



24



32

31 Shift to neutral polish

It's subtle and *gorgeous*.

32 Beauty under \$25

Pretty, eco-friendly picks.

34 Find a fresh new cut

Celebs shouldn't be the only ones with great hair. Get inspiration here.

38 Can you change your body in one afternoon?

What real women think of high-tech slimming solutions.

42 Eva Mendes has *real* beauty advice

Seriously, she is a gold mine of ideas.

46 Fix-it-all face masks

The cure for whatever lines or spots ail you.

48 5 beauty tricks I just learned

Powder face wash, hair oil, and other wows.

Style

51 Make it rain

Ankle wellies are here, and they're saving your outfit.

53 Fashion under \$50

Hooray for warm-weather clothes. Double cheer for our exclusive discounts!

58 Dress happier

Let the *Unbreakable Kimmy Schmidt* star Ellie Kemper's infectious smile convince you to mix up spring prints and love them.

64 Pull your polo shirt back out!

And wear it like it's 2015.

66 Flaunt your (gorgeous) curves

Our real-woman style crush Rachel Richardson.

68 What we love at New York & Company

Girlly accessories, closet must-haves, and a 25% discount.

70 5 feel-good style ideas

Buys that give back, and more.



58

contents

APRIL 2015

Body

73 Be healthier every single morning Doable!

74 What doctors tell their friends about happiness The mind-body connection is totally real, so make the most of it.

78 April's superfood Yummy asparagus. Plus: date-night eats.

80 Hungry Girl Lisa Lillien helps you pack a healthy, un-boring lunch.

83 Get fit watching the tube It only *sounds* too good to be true.

84 10 signs you should dump your M.D. For example: He's bailing on you to see other people. Not gonna fly.

88 5 boosts for your body and your mind Step one: Stop stress eating!



84

Life

91 Purchase more joy for yourself

93 Grow your money like magic Easy tricks.

96 Zero debt: You can do this! What it took for three women to beat mountains of debt.

98 Train your brain to be smart about spending How to resist buying all the things.

102 Find money all over your home! Fun fact: It's even hiding in your freezer.

104 Lauren's un-perfect life A #nofilter chat with newlywed Lauren Conrad about success, decor inspiration, and what she nerds out over.

110 She helps survivors thrive One woman is helping to end domestic abuse.

112 Your dude, decoded Aaron Traister solves your biggest man mysteries.

114 The stuff every couple should talk about Happier marriages, right here.

117 5 fabulous, even life-changing, new reads Books we are so excited about.



98

At home

119 Bless this mess How to make a big, crazy bowl of delicious.

120 Home under \$50 That price includes furniture, people.

122 Skinny pasta Guilt-free, heavenly pasta dinners for under 500 calories. Because it's about time.

128 Morning magic Tasty breakfast recipes that will make any a.m. special.

132 Pizza to feel great about Premade dough is the new takeout, but *better*.

134 Mini budget, major makeovers Mix one part D.I.Y. with one part thrifty shopping, and get a gorgeous new living room for under \$500.

140 Shortcuts to pretty, cheery rooms Design guru Joy Cho shares how you, too, can have an inspired home.

142 4 instant home refreshers The best part? No spring cleaning.



134

122

In every issue

8 Editor's notebook Do you have hair confidence?

14 REDBOOK online Enter our 2015 Real Women Style Awards!

16 Reply all An outfit, your letters, plus wisdom from Ali Sweeney.

144 Shop the issue Including cover girl Lauren Conrad's adorable look.

148 Spill your secrets! We asked about friends, and you did *not* hold back.

Cover: Lauren Conrad photographed by Matt Jones. Hair: Kristin Ess. Makeup: Amy Nadine using Lancôme. Manicure: Tracy Sutter at Cloutier Remix. Prop stylist: Dane Holweger. See shopping guide, page 144, to get her cover look.



FROM TOP: DAN SAEINGER/TRUNK ARCHIVE; LILLY BURKE/TRUNK ARCHIVE; ALISON GOOTE/STUDIO D; STEVE GIRALT.

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The perks of keeping it short



I got all my hair cut off one unbearably hot June about three years ago. I came home to find my kids—then 5 and 3—waiting at the top of the stairs. The little one burst into tears, wailing, “Mama, put your *hair* back on your *head*,” while the older one was dead silent, admitting only later that he couldn’t speak because he was “too angry.” I wasn’t trying to traumatize them; I just wasn’t good at long hair. For years my mornings had been an endless cycle of *ugh, another ponytail* capitulations in front of the mirror. Plus, I’d had a pixie cut back in college and I’d loved it. It was flattering, it was easy, I could style it while hungover. But then, because you’re fickle in your 20s—at least I was—and because I was convinced that long hair was sexier, I grew it out. My college BFF, Kate, was smarter: She got a bob in high school and stayed with it, like the genius she is.

I love the idea of having a signature haircut, like some women have a signature fragrance (something else I’ve never managed to acquire). There’s no shame in sticking to something if it works for you. Nor is there shame in admitting you don’t have the bandwidth to spend hours on your hair, regardless of what length it is. If short sounds tempting to you, flip to our gallery of new haircuts on page 34: They’re snappy, they don’t take much effort, and they’re cute as all get-out. As the guy who styles my hair (and Kate’s!), the fabulous Alan Tosler, puts it, “A short cut is casual and glamorous at once. Some might think it isn’t feminine, but it really is—it lets all the attention be on your face.” In my case, it also helps to get me out of the house on time.

Your hair, whether it’s a buzz cut or a cascade of painstakingly maintained curls, should make you feel like the most confident version of yourself. The more confident you are, the more you’ll smile and, ultimately, the happier you’ll be. Which is the whole point to begin with. And on that note, we’re celebrating real beauty—and style—with our Real Women Style Awards, in partnership with the great folks at Dove, which kicks off this month. We want to put *you* on our September cover (flip to page 14 for details). What are you waiting for?



Me and Kate in college (top), and Kate now (bottom), two kids and a kick-butt career later. Seriously, she does not age.



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We’re so excited about *Trick Out Your Dish*, our new cookbook with fast, delicious twists on 20 classics you already love, like roast chicken, pancakes, even hot dogs. Available right now wherever books are sold.

Meredith

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✉ Redbooked@hearst.com

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THIS MONTH'S STAFF CHALLENGE:
Share something that makes you happy, then go to
page 74 to hear what the experts say.

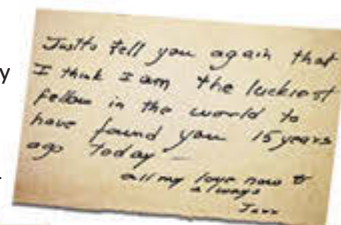
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"When my 6-month-old twins wake up in the morning, I put them together in one crib and they are so happy to see each other. It's the best!" —MEGAN



"I found this darling love note that my grandfather wrote to my grandmother. It reminds me that an email or text can never replace a handwritten note from someone you love." —VICTORIA

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CONTRIBUTING EDITORS

Brad Goreski, Carla Hall, Emily Henderson, Nicole Lapin, Lisa Lillien, Mally Roncal, Alison Sweeney, Aaron Traister

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"Pro tip: Following dogs on Instagram, like @harlowandsage or @piggyandpolly, is never a bad decision." —REBECCA

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THIS MONTH'S STAFF CHALLENGE:
Tell us your go-to happiness booster, then find more science-proven tips on page 74!

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"My dad and I try to run races together whenever possible. It's a rare half hour when we can catch up, one on one."
—MARGURITE

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"I like singing 'Endless Love' to my fiancé in the car. He used to sing professionally, so my loud, out-of-key rendition drives him nuts in a way that cracks us both up."
—LYNN

Research

RESEARCH MANAGER Lynn Sessa

Branch Offices

NEW YORK: 212-649-3330

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"There's an adorable video on YouTube called 'You Poked My Heart,' where these kids are arguing about whether it's raining ('waining') or sprinkling ('spwinklin'). It always makes me smile!"
—JAMIE

FROM TOP: COURTESY OF SUBJECT; SHUTTERSTOCK, GETTY IMAGES.

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redbook Real Women Style awards

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Well-dressed ladies, listen up! We want to put you—yes, we said *you*—on the cover of REDBOOK. We're celebrating women with amazing style, real bodies, and ordinary budgets. So show us your best looks (or nominate your cutest friend) for a chance to win. Check out **last year's winners** here, then go to redbookmag.com/bestdressed to enter.



"Crossing your ankles instantly makes you look longer and leaner."
—Karla Reed

6 stylish women will get...

A major shopping spree, a starring role in REDBOOK (including the cover!), and a whole lot more.



"My favorite trick is tucking in just the front half of my shirt—I swear it slims my hips."
—Catie Beatty



"Walking toward the camera keeps you from looking too posed."
—Maria MacNamara



"Have fun! Pictures with a real smile are the best ones."
—Brittany Davis Morris



"Don't follow fashion rules! Use trial and error to figure out what you think looks good on your body."
—Georgette Niles



"Even a touch of makeup pulls your look together. I always love a neutral lip gloss."
—Caroline Harper-Knapp



HERE'S HOW TO ENTER

Go to redbookmag.com/bestdressed from March 10 to April 17, 2015, and upload at least three shots of you wearing your favorite outfits. Then check back on April 27 to see our 25 finalists—you might be one!—and start voting. Follow us on Facebook, Twitter, Instagram, and Pinterest to find out more. For details, see page 145.

CLOCKWISE FROM TOP LEFT: COURTESY OF FLEUR D'ELISE, GROWN AND CURVY WOMAN, HOUSE OF HARPER, BRILLIANCE OF B, KARLA REED, THE STYLE LETTERS.

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Reply all

You told us...

Both my daughter and I were distressed to read your interview with Kaley Cuoco-Sweeting ["Kaley's Law of Happiness," February]. She was asked if she was a feminist and answered in the negative, and she also said she had "never faced inequality." A feminist is simply anyone who believes in legal, economic, and social equality. It's no different from civil rights. Please clarify the definition of this term in your interviews so your subjects don't appear silly or naive. I expect better from REDBOOK! —Tracy King, Los Angeles

Being a single mom of two strong young women, we have serious views on women's rights. However, I feel quite passionate about how our family dynamic has suffered throughout the years and how the role of the woman or man in the home is looked down upon. I am puzzled why Cuoco-Sweeting was criticized for her so-called antifeminist comments in your cover story. Why is it wrong for a successful woman to want to take care of someone she loves? We need to take care of each other or our lives will be empty and meaningless. —Donna Cosentino, Chicago

"Marriage Wisdom From Fifty Shades of Grey" [Aaron Traister's column in February] was great, and I agree that laughing instead of crying really is what you have to do! Plus, being handcuffed to the bed makes it difficult to change diapers in the middle of the night—and nothing turns me on more than when my hubby does just that. Thanks for telling us it's okay to be normal sexy. —Jessica Bures, Dothan, AL

Necklace, \$23, and top, \$45; both lulus.com (20% off with code REDBOOK20). Jacket, \$47; fashionjunkie.com (15% off with code REDBOOK). Jeans, \$34.94; oldnavy.com. Sizes 0 to 20. Bag, Danielle Nicole, \$48; amazon.com. Flats, \$39.95; justfab.com.
Total = \$217.24 with our discounts

While I agree that the Team Red Fashion outfit ["Cute, Sexy, Relaxed Looks," February] is great, it added up to \$646. How about showing a less expensive option? —Letha A. Alexander, Fort Madison, IA
Editor's note: You bet! And thanks for calling us out on that...



#ASKREDBOOK

Use this hashtag on social media, or email us—we'll answer your questions!

"I resolved to lose weight in 2015, but I'm already losing steam. How can I stay motivated?"

—Dévi Loftus, New York City

"Try something new! I find that whenever it's hard for me to motivate myself, it's because I've gotten into a routine that's kind of boring. I try new classes, whether it's a barre class or a new yoga studio—I've even taken judo. It's so important to mix up your workout to keep your mind as well as your body engaged."
—Alison Sweeney, Team Red columnist



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Spring style buys for every size

We are not immune to the lure of trendy pieces—we just refuse to pay a bundle for them. So Brad Goreski found cute and flattering ones for under \$50.

◀ Brad Goreski is the new cohost of *Fashion Police* and has styled stars like Rashida Jones and Jenna Dewan Tatum.

“I love the silky material—these pants feel and look special.”

—OUR MODEL-FOR-THE-DAY, JENNIFER BARTHOLE, 25

When hunting for a bargain, you have to scrutinize a garment's construction. A piece with strong stitching and fabric that feels nice won't look cheap or fall apart in the wash. And consider getting it tailored: Jennifer is petite, so we took these culottes in and hemmed them. The right fit makes anything seem more expensive! Her wide cropped pants are a big spring trend. So are these...



Culottes, \$24.90; forever21.com. Earrings, \$48; botkier.com. Shirt, Merona, \$22.99; target.com. Ring, \$44 (with 20% off using code REDBOOK20); earthychic.net. Heels, \$28.99; shopprimadonna.com (20% off with code REDBOOK20).



SPORTY DETAILS

Clean-cut white sneaks, a backpack, a varsity-style cardigan: They're all cute, and they also help you get weekend mileage out of a work dress.

Cardigan, \$49.50; loft.com. Necklace, \$32.99; shopprimadonna.com. Dress, \$22.80; forever21.com. Backpack, \$45; shopposie.com. Sneakers, \$24.95; hm.com.

Discounts are valid from March 12, 2015, through April 20, 2015, and do not include taxes or shipping.

A SOFT, FLOWY TRENCH
Unlike a traditional stiff and structured coat, this adds femininity to a look. Plus, you don't have to take it off indoors; wear it like you would a blazer.

Trench, \$44.90; windsorstore.com. Earrings, Romeo & Juliet Couture, \$22; 212-221-1088. T-shirt, \$19.50; landsend.com. Sizes XS to XL. Clutch, \$44; mimiboutique.com. Watch, \$22; lulus.com. Pants, \$39.90; uniqlo.com. Flats, \$39.95; justfab.com.



COMES IN
plus



A DRESSY, BOXY TOP

This style of shirt stands away from your body, which is great for hiding a tummy. Balance its volume by wearing something slim on the bottom.

Top, \$40; amclubwear.com. Cuff, \$9.20, heels, \$30.50; both gojane.com (20% off with code 03RB20R). Purse, \$49.50; nila-anthony.com. Skirt, \$48 (with 20% off using code REDBOOK20); modcloth.com.

“A trend I love that doesn't cost anything? Mixing a bunch of textures in one look.”

—BRAD



Brighten up those tired eyes

Your peepers don't lie, people: "They instantly betray a hectic day or sleepless night," says Mally. Luckily, she has a simple way to look well-rested all the time.

◀ Makeup artist Mally Roncal works with stars like Beyoncé and Jennifer Lopez, and is the founder of Mally Beauty cosmetics.

This is the kind of makeover story I love: Our model, Medina, did a complete 180—she practiced law for 12 years while pursuing acting on the side. A year and a half ago, she decided to follow her dream full-time, studying at the Juilliard School in New York City. With classes, rehearsals, and shows, the 38-year-old's typical day starts at 9 a.m. and doesn't end until 10 p.m. Exhausting! "When I'm tired, my eyes seem to shrink up and look tinier," she told me. So I showed her how she could make them appear bigger, brighter, and more wide-awake, no matter how zonked she really is.

“The double liner makes such a huge difference!”

—OUR MODEL-FOR-THE-DAY,
MEDINA COLLIE, 38



Start BY DUSTING ON EYESHADOW THAT MATCHES YOUR SKIN TONE.

Choose a matte finish and sweep it from lashes to brows. Then work a soft brown matte color (go deeper if you have dark skin) into your crease. This creates shading that makes your eyes seem more open.



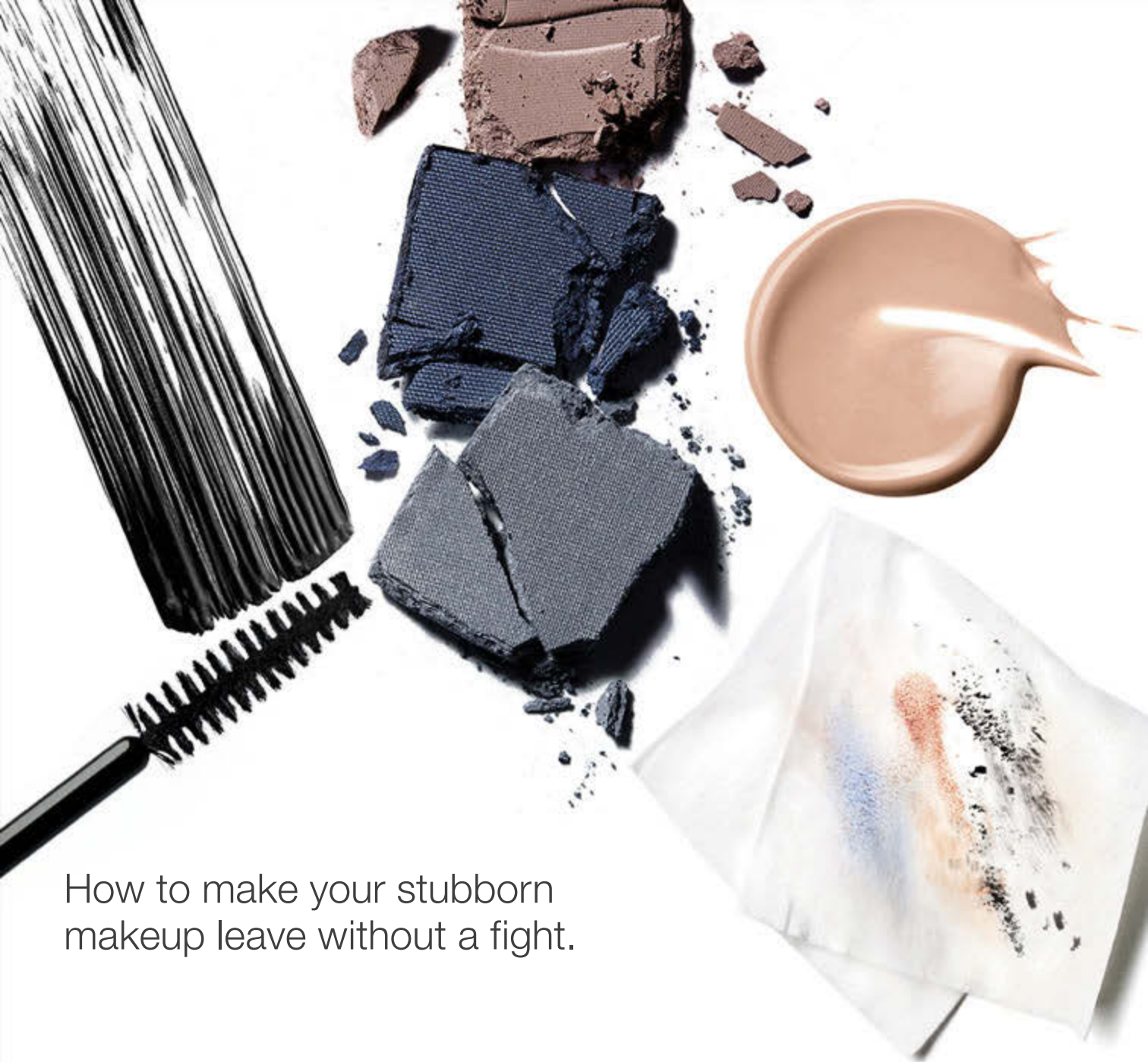
DEFINE YOUR EYES WITH PENCIL.

Either black or brown works here. To steady your hand, rest your pinkie on your cheek, then draw a thin line right along the lashes. At the outer corner, tick it up just a smidge like a tiny check mark. This gives you a mini cat-eye.



ADD A BRIGHT LINER ON TOP.

You can use any light shade: ivory, pale pink—gold is nice on deep skin. Trace it directly above the dark liner; this makes your lids look lifted. To intensify the effect, dab the color at the inner corners and smudge with your fingertip, then finish it all off with mascara.



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The shape-up trick that takes seconds

When people ask Alison Sweeney how to look slimmer ASAP, her answer is always, "Stand up straight." It takes a little practice, but it's heaven for your shoulders, neck, and back.

◀ Alison Sweeney is the host of *The Biggest Loser* and stars in Hallmark's *Chocolate Chip Cookie Murder* franchise.

When I was a kid, I had great posture—I spent a lot of time horseback riding and dancing, and posture is a really important part of both. But sometime during my 20s, I lost it. Maybe it was all those years of carrying a baby on my hip (I was a mom on *Days of Our Lives* before I had kids of my own), or maybe I just stopped paying attention. Either way, it wasn't good. Experts say poor posture can lead to back, neck, and shoulder pain and can even shake your confidence. It was harder to fix than I thought it would be, but I did it, and I feel better than ever. Here's how:

Figure out what good posture feels like. The best way to do that: Lie on your back on the floor, or stand against a wall with your entire body—from your heels to your head—pressed firmly against it. Weird, huh? That's what it's like to stand completely straight.

Now, do that on your own. Sit or stand with your shoulders back and your chest out. That might feel uncomfortable—I think so many women have bad posture because they're afraid to stick their boobs out—but don't let it bother you. Then engage your core muscles (I like to think of it as making a fist with your abs) and lift your rib cage so it's not folded into your stomach.

Practice it over and over again. There's no way you can think about your posture all the time. (I mean, you do have a life!) But if you concentrate on sitting up straight for five or 10 minutes several times a day, it'll eventually become a habit. My trainer suggested using things like my favorite TV show or a song on the radio as a reminder to stop and really focus on my posture. That worked!

Make it a fitness goal. It's important to focus on your posture at the gym. That starts with your stretches: I like to roll my shoulders, which releases tension and elongates the neck. But even something like a quad stretch, where you pull your heel to your butt, can help. Just remember to keep your upper body long and tall, as if there were a string running from your head to the ceiling. Then make sure your abs stay engaged throughout your workout, even walking or running. If you can do all that, you'll look and feel so good, I promise.

“Big event coming up? Wear some comfy heels. You'll naturally stand taller when you have to keep your balance.”

—ALI

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One truly incredible burger

This crazy-good buffalo chicken burger from Carla Hall is the perfect marriage of two all-American icons. Prepare to have your mind blown.

◀ Carla is cohost of *The Chew* and author of *Carla's Comfort Foods: Favorite Dishes From Around the World*.

This recipe incorporates all the goodness of buffalo wings—juicy chicken, tangy hot sauce, blue cheese dip—into a delicious burger that has fewer calories than seven wings even *without* the fixin's.

BUFFALO WING BURGER

Active: 20 minutes
Total: 20 minutes

SPICY MAYO

- $\frac{3}{4}$ cup light mayonnaise
- 1 Tbsp fresh lemon juice
- 1 Tbsp hot sauce (I like Frank's)
- 2 tsp honey
- $\frac{1}{2}$ tsp cayenne pepper

BURGERS

- 1 Tbsp unsalted butter
- 1 tsp olive oil, plus more for frying
- $\frac{1}{3}$ cup minced yellow onion

- Kosher salt and pepper
- 2 cloves garlic, minced
- 2 tsp hot sauce
- $\frac{1}{2}$ tsp dried thyme leaves
- $\frac{1}{2}$ tsp crushed red pepper flakes
- $\frac{1}{4}$ lbs coarsely ground chicken
- 4 potato buns, toasted
- Celery and blue cheese slaw (see recipe, right)

1. In a small bowl, stir together the mayonnaise, lemon juice, hot sauce, honey, and cayenne until smooth. Refrigerate until needed.
2. In a small skillet, heat the butter and oil over medium-high heat. When the butter is almost melted, add the onion and $\frac{1}{2}$ tsp salt. Cook, stirring occasionally, for 2 minutes, then stir in the garlic. When the onion is golden and tender, stir in the hot sauce, thyme, red pepper flakes, and $\frac{1}{2}$ tsp pepper. Transfer to a large bowl and cool to room temperature.
3. Gently combine the ground chicken with the cooled onion mixture using slightly damp hands. (Don't overwork it!) Form the mixture into 4 burgers $\frac{1}{2}$ in. larger in diameter than the buns. Use your thumb to dimple the center of each patty, which helps it retain its flat middle.
4. Heat oil in a large nonstick skillet over medium-high heat. Add the burgers and cook until browned, about 3 minutes. Carefully flip them and cook until the other side is browned and the meat is cooked through, about 3 more minutes.
5. Slather the spicy mayo on each bottom bun, place the burgers on top, cover with the slaw, sandwich with the top bun, and serve immediately.

Makes 4 servings. Per serving: 626 cal, 38 g fat (10 g sat fat), 34 g pro, 41 g car, 3 g fiber.

DON'T FORGET THE SLAW!

CELERY AND BLUE CHEESE SLAW

Active: 10 minutes; Total: 10 minutes

In a large bowl, toss 4 thinly sliced celery ribs, $\frac{1}{2}$ thinly sliced red onion, and $\frac{1}{2}$ cup chopped flat-leaf parsley. Add 1 Tbsp red wine vinegar, 2 Tbsp extra-virgin olive oil, zest of $\frac{1}{2}$ lemon, and salt and pepper to taste; toss. Gently stir in $\frac{1}{4}$ cup blue cheese.

Makes 4 servings.



hamitup
targetrun



Make over an old file cabinet

Why, in the history of file cabinets, has no one thought to make them attractive? Emily Henderson ponders this question and offers an easy D.I.Y. solution.



Emily Henderson is a stylist, decorator, HGTV *Design Star*, mom, and D.I.Y. guru.

This is an amazingly low-budget project. You probably already have one of these boring black cabinets in your house just begging for a refresh. And if you don't have one, it's pretty easy to find someone on Craigslist who is dying to offload theirs for *free*. Then all it takes is a little bit of paint and a stencil to create a piece that not only matches your decor but might even make you smile the next time you have to file away a tax return.



1 GET SET UP. Wipe down your cabinet to get rid of dust and grime. If there are any rusty spots, give them a light sanding. You can paint right over the handle and name plate or remove them for easier painting, but always cover the lock mechanism with painter's tape to keep it from getting clogged.



2 PAINT YOUR CABINET. Hit the entire thing with a coat of spray-paint primer—I like Rust-Oleum Clean Metal Primer Spray for \$5. Let it dry, then brush on your color. I used a quart of good old interior paint (Benjamin Moore Evening Blue 2066-20) and did two coats. Once the cabinet is dry, remove the tape and reattach your hardware.



3 START STENCILING. You can go in so many directions here. I adored this feminine floral stencil from Michaels (just \$4) and pink craft paint (\$1.50). But the cabinet would feel totally different done in a geometric pattern, in a mix of colors (or even metallics!), or just kept simple with a few bright, preppy stripes.



DAVID TSAY, PROP STYLIST; SCOTT HORNE AT BIG LEO PRODUCTIONS
STEPS: LARA ROBBY/STUDIO D, PROP STYLIST; LIZ ENGELHARDT AT
BIG LEO PRODUCTIONS; HENDERSON: COURTESY OF SUNRISE



Floral Dress \$59.99

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*When there's a sunny side,
why walk any other way?*

Love,

LIZ CLAIBORNE

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Help your money work harder

Our newest member of Team Red, financial smarty-pants Nicole Lapin, is here to help supercharge your bank account. First up: investing.

► Nicole Lapin is a former CNBC and CNN anchor and the author of *Rich Bitch: A Simple 12-Step Plan for Getting Your Financial Life Together... Finally.*

I didn't grow up with *The Wall Street Journal* on the kitchen table. There was no talk about stocks or bonds... ever. As part of an immigrant family, I was raised thinking that stashing your cash under your mattress—literally—was safest.

Then, when I was 18, I got a job on the floor of the Chicago Mercantile Exchange. I felt like a foreigner in my own country: The language of investing was one I'd never heard before, much less spoken. But the amazing thing about languages is that once you are immersed, you learn them quickly. And now that I'm fluent in investment-speak, I can tell you—it's just not that difficult.

Here's why you should care about investing: Hiding your savings under a mattress is ridiculous. You actually lose money. I'm not saying a robber will come and steal it, but a little thing called "inflation" will. You know as well as I do that \$5 doesn't mean as much as it did 20 years ago. Savings accounts aren't much better: You might make 1 percent interest, but inflation's about 3 percent. You're *still* losing money.

Investing is a long-term way to grow your money, so here's how to get to it (in plain English!).

KNOW IF YOU CAN AFFORD IT. Do you have \$500 to \$2,500 to invest? That's in addition to a retirement plan with about 10 percent of your income going to it, a three-to-six-month emergency fund, and no debt (or a manageable timeline for debts like student loans or a mortgage). Remember, this is *extra* money, and investing has some inherent risk. But if you are thinking long-term—like more than five years—it can really pay off.

CHOOSE AN INVESTMENT. "But I know nothing about stocks!" you say. I beg to differ. Have you been to the mall lately? If there's a brand you love, probably a lot of other people do too. You and I drive sales—and thus profits and stocks. So I like to invest by paying attention to which stores are busiest, the amount and array of goods, and the customer service, then

buying into those companies. It pays to see what other people are saying about the brand too; I read about stocks on themotleyfool.com. Or you can leave the picking to the pros and invest in an "index fund," a term for a bunch of different stocks that are meant to rise and fall more like the market does as a whole. They're a safer choice and have low annual fees but less potential for a rock-star return.

MAKE A TRADE. There are two options for getting into the game. Discount brokerages, like E*Trade, TD Ameritrade, or Fidelity, are typically do-it-yourself operations. They cost around \$4 to \$5 per trade. At full-service brokerages, like Morgan Stanley, Merrill Lynch, and Wells Fargo Advisors, a professional manages your account. They can charge \$100 or more per trade, so you hope their expertise adds value. Either way, while it's fun to check in on your investments, don't obsess. You can always sell if you become unhappy with the company—but remember, we're in this for the long-term. *Your* long-term.

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Nicole will show you exactly how. Join her special three-week Live Rich club on REDBOOK's Facebook page. Starting April 1, she'll share lessons and challenges to get you to the life you want.

BRECHT VANTHOF



"Investing is not scary," Nicole promises.



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Prudential recently asked people from around the country to share important events that happened to them in the past, along with ones that might happen in the future. We displayed thousands of their answers and discovered an interesting fact: While the past was an even mix of good and bad, our participants believed that the future would be mostly good.




Behavioral scientists call this “optimism bias,” and it’s a major reason why many people fail to plan for risks they’ll likely face in the future. So talk to your financial professional to learn how Prudential can help you protect against whatever tomorrow may bring. Hope for the best. And plan for the rest.

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BEAUTY

PHOTOGRAPHED BY Christopher Coppola

Perfectly balanced on olive skin:
Nails Inc Gel Effect in Uptown, \$14.

Classic and elegant on everyone:
OPI Nail Lacquer in Do You Take Lei Away?, \$9.50.

Lends warmth to medium-dark skin:
Topshop Beauty nail polish in Demi Plie, \$8.

Sheer and sweet on fair skin:
Essie nail polish in Wrap Me Up, \$8.50.

Flatters very dark skin like a dream:
Sally Hansen Velvet Texture Nail Polish in Lush, \$9.99.

Shift to neutral polish

We have nothing against a wild bit of nail art, but going nude has never been hotter... or more ladylike. (Best of both worlds!) These creamy, understated shades are truly gorgeous and will never clash with anything you're wearing, ever. Peruse the ones here to find the exact-right hue for your skin tone.

1

2

15

16

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13

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11

10

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hand renewal
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NATURAL
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MAXELLINE
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maximum
instantané
soin estompeur de
rides et de pores
30 mL (1.0 FL. OZ.)

10

Proof that powerful, hardworking stuff can



1 A set of adorable, full-size makeup brushes that feel very luxe but cost next to nothing. Sonia Kashuk Brush Couture Five-Piece Brush Set, \$16.99.

2 The oil-absorbing ingredients in this silky powder stop shine, *stat*. L'Oréal Paris Infallible Pro-Matte Powder, \$12.99.

3 Get happy feet—and hands—when you brush on this poppy red polish. Michael Kors Nail Lacquer in Paradise, \$18.

4 A few mists will nix oily roots and give hair that “I washed it!” smell. Aussie Total Miracle 7N1 Dry Shampoo, \$4.99.

5 This lightweight, spray-on lotion dries instantly and coats skin in the loveliest floral scent. Burt's Bees Violet & Mango Sheer Body Lotion, \$9.99.

6 The lash conditioners in this waterproof mascara give you glossy, flake-free definition. Rimmel London Wonder'Lash Mascara with Argan Oil in Waterproof, \$9.

7 Gentle, vegetable-based soaps that smell *and* look great. Crabtree & Evelyn Triple Milled Soap in Avocado & Olive Oil and Oatmeal & Wheatgerm, \$10 each.

8 These mineral eyeshadows—housed in a recyclable case—go on nice and velvety. Pacifica Power of Love Coconut-Infused Mineral Eye Shadows, \$20.

9 Give skin a dose of nourishing vitamin E and other antioxidants every time you wash your face. Neutrogena Healthy Skin Boosters Facial Cleanser, \$7.50.

10 Dab this primer on lines and crow's-feet and watch them magically disappear (at least for the day). Olay Regenerist Instant Fix Wrinkle & Pore Vanisher, \$22.99.

11 Your shortcut to beautifully defined arches: this waxy-pencil-and-brush combo. Maybelline New York Brow Precise Shaping Pencil, \$7.99.

12 Hand-washing goes zesty with this 98-percent-natural formula. 25 readers will win Yes To Grapefruit Basil Liquid Hand Soap, \$3.99; see page 145 for details.

13 Get a triple shot of moisturizer, brightener, and SPF in one, plus enough coverage to even out skin. Physicians Formula Argan Wear Ultra-Nourishing Argan Oil BB Cream SPF 30, \$14.95.

14 The perfect vibrant raspberry lipstick to perk up a humdrum Monday. Avon Ultra Color Indulgence Lipstick in Red Tulip, \$8.

15 Give frizz the heave-ho with rich oils that smooth hair and restore luster. Nuance Salma Hayek Buriti Oil Nourishing Shampoo, \$7.99.

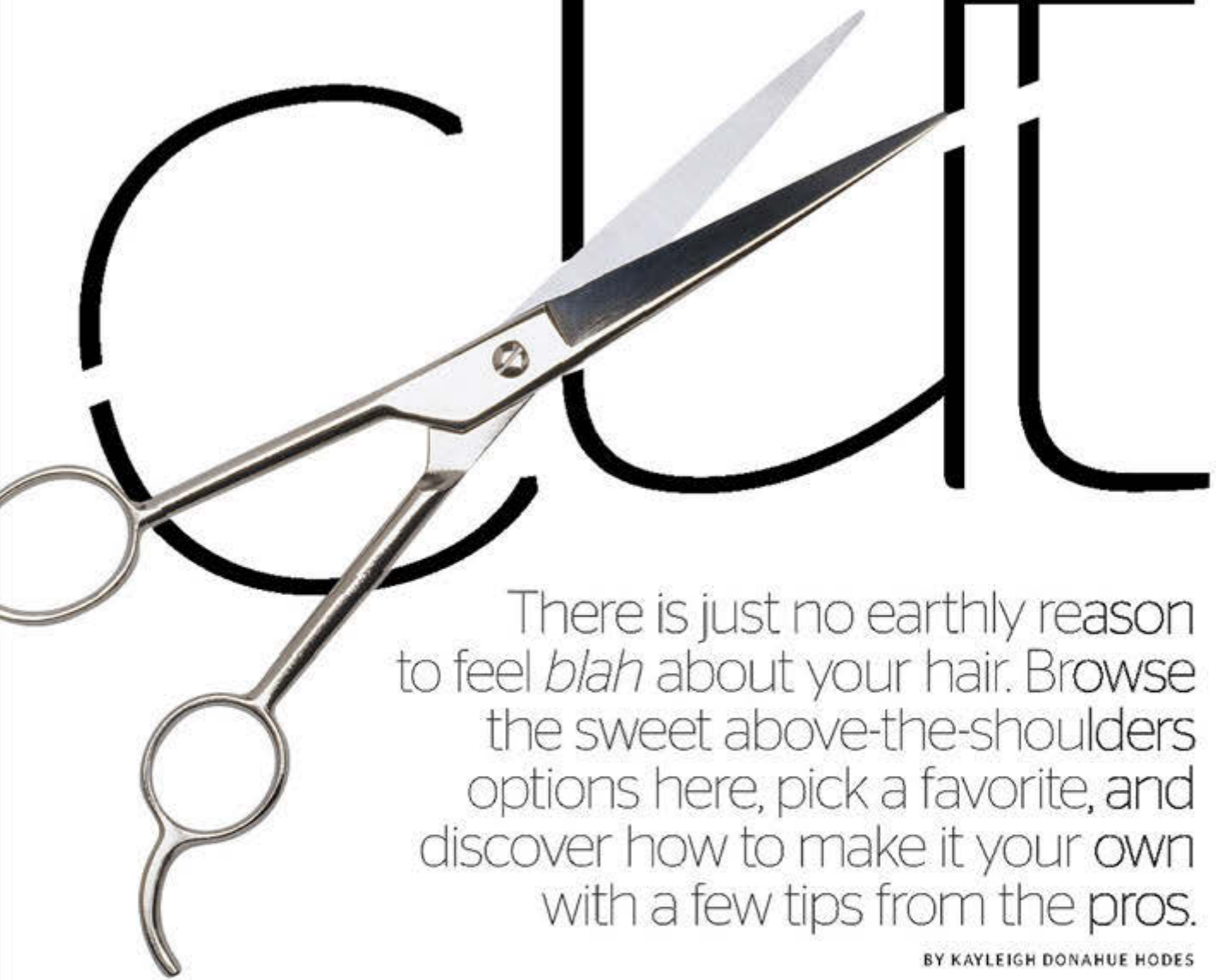
16 For the sweetest cheeks, just swirl on a touch of coral blush. Milani Rose Powder Blush in Coral Cove, \$7.99.

come in the prettiest packages.

SEE SHOPPING GUIDE, LAST PAGES, FOR DETAILS.



FIND A FRESH NEW



There is just no earthly reason to feel *blah* about your hair. Browse the sweet above-the-shoulders options here, pick a favorite, and discover how to make it your own with a few tips from the pros.

BY KAYLEIGH DONAHUE HODES



Anne
Hathaway



Kristen
Wiig



Beyoncé

“Bump up natural waves with a texturizing spray,” suggests Jenny Cho, who styled Sienna Miller’s hair for the Golden Globes.

“Snipping into the ends creates this piece-y effect,” says Cho.

“If you have thick hair, ask your stylist to remove bulk from underneath with layers,” Cho explains.

the swingy bob

“This modern bob is really wearable and flattering for women of any age, or with any face shape,” says stylist Adir Abergel, who tends to Anne Hathaway’s hair. With a classic bob, the front is one to two inches longer than the back, but you can play with those proportions—both Hathaway’s and Kristen Wiig’s cuts are more or less the same length all around. You can customize it a million other ways, too: If you have a large forehead, side-swept bangs will downplay it. Balance a long face by making the front pieces of your bob a little bit shorter. “To bring out cheekbones and strengthen your jawline, add layers at those areas,” Abergel suggests. And try tucking it behind one ear—so cute.

GETTY IMAGES (6)

Rosario Dawson



"The back is chopped into just a little to add body," says Roszak.

"A blunt cut with a hint of layers underneath creates nice movement," says Emma Stone's hairstylist Mara Roszak.

the angled lob

"If you have long hair and are thinking about a chop, this is a great entry point," says L'Oréal Paris hairstylist Mara Roszak, who cuts Emma Stone's hair. "It's also an ideal way to grow out a short style." The length should fall between your chin and shoulder and shouldn't be overly layered. "Ask for subtle texturizing just at the ends. This gives definition to waves and curls, takes weight out of thick hair, and prevents the shape from becoming rounded or triangular," says Suave Professionals celebrity stylist Jenny Cho. To soften a heart-shaped or square face, consider side-swooping bangs. Plus, they bring out your eyes: Taylor Swift proves *that* point, no?



Taylor Swift



Freida Pinto



Halle Berry



Rosamund Pike



"The back is layered and the top is a few inches longer," says hairstylist Johnny Wright of the cut he gave Tamron Hall.

"Softly tapered sides that aren't too short make this look sweet," says Wright.



Scarlett Johansson



Jennifer Hudson

the choppy pixie

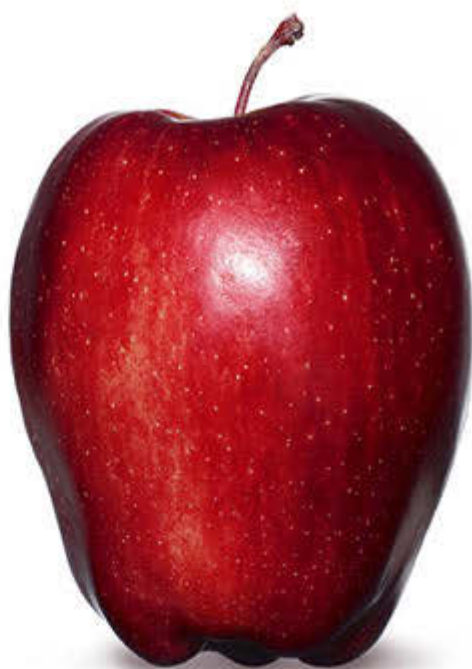
Nothing telegraphs "it took zero effort to look this good" as well as a sexily imperfect short haircut. But you have to make it feminine. Ask your stylist to keep the pieces in front of your ears (what your guy would call his sideburns) longer, and to snip textured pieces that hug the nape of your neck instead of cutting the back clean across. "That bit of wispieness makes a big difference," explains Cho. And don't let a curly or wavy hair type scare you away: It's a bonus that makes any short style feel younger and more laid-back. (Just look at Maggie Gyllenhaal!) That said, if you have tight ringlets and covet Robin Wright's sleek crop, you'll need to make friends with your flat iron.



Maggie Gyllenhaal



Robin Wright



New treatments can take you from apple to hourglass with minimal downtime.

Can you change your body in one afternoon?

New diet- and surgery-free methods promise to eradicate your belly and help you drop a size. To find out if they truly work, we went straight to women who've tried them.

BY LINDSY VAN GELDER

Raise your hand if you can relate to this: You have a muffin top, a tummy pooch, or stretch marks (yeah, our hands are up high too). Whether your trouble spot came from having kids or plain old genetics, you know how stubborn it is to lose.

Over the past several years, more and more women have turned to serious surgery to fix those issues. Tummy tucks remain among the top five most popular plastic surgeries and have increased 15 percent since 2009, according to the American Society for Aesthetic Plastic Surgery. Results are usually great... *if* you're willing to put up with general anesthesia, months of recovery, scars, and a bill that can top \$8,000 (and is rarely covered by insurance). If you don't fall into that category, here's some good news: New body-shaping treatments performed by a dermatologist, such as lasers and radiofrequency, can melt fat, tighten saggy skin, and fade stretch marks. And while these technologies aren't cheap, "they come without the health risks or lengthy downtime of plastic surgery," says Angela Lamb, M.D., director of the Westside Mount Sinai Dermatology Faculty Practice at Mount Sinai Hospital in New York City. We talked to scores of real women from across the country who've had these treatments done (whom we reached via RealSelf.com, a cosmetic-procedure resource site where patients share experiences), then asked top dermatologists to weigh in too. Here's the skinny on two that can make a difference.

Tones flabby spots: **CoolSculpting**

WHAT IT IS: A machine that freezes fat using a cold-pack suction-cup applicator attached to your stomach, hips, saddlebags, or upper back fat. (Arms aren't treatable, because the nerves there are too close to the skin's surface and could get damaged.) "Fat freezes at a different temperature than muscles, skin, or blood vessels, so it doesn't impact those vital structures," says Sue Ellen Cox, M.D., medical director of Aesthetics Solutions Dermatology in Chapel Hill, NC, and an assistant clinical professor of dermatology at the University of North Carolina, Chapel Hill. "The fat cells then die and are gradually flushed out via your lymphatic system, so patients may not see results for at least a month." A session lasts one to two hours per body part, and different applicators are used to treat different parts, so some take longer than others. Most women only need CoolSculpting one time, and if your M.D. has more than one machine, you can get several areas done at once.

"CoolSculpting works best on women who are within 15 to 20 pounds of their ideal weight," says Lamb. If you weigh more, you'll still probably take off a couple of inches, and you can opt for more sessions a few months down the road.

COST: Around \$700 to \$1,000 per body part or trouble spot, so it depends on how much you want done (prices tend to be higher in the big cities). Some doctors offer package deals when treating multiple areas.

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WHAT TO EXPECT: “The device feels *cold*, like placing ice on your stomach, and the suction is intense,” says Airene Williamson, 31, of Las Vegas. Still, she was comfortable enough to watch Netflix for most of the three-hour procedure, while Jill Swanson, 49, of Merrimac, MA, read on her iPad. Both women report that although the initial sucking sensation was unnerving, they got used to it within a few minutes.

THE RESULTS: Most patients lose at least 20 percent of the treated fat. “They’ll tell you that you can drive yourself home afterward, but my husband had to pick me up,” says Williamson, whose stomach was bruised enough that strapping on the car seat belt was uncomfortable. Though she noticed changes in her body within the first 24 hours and resumed her normal activities quickly, she wore Spanx for the next three weeks and regularly applied ice to the area—“both of which can help ease swelling and discomfort,” says Cox (who did not treat Williamson). After three weeks, Williamson had lost 2.5 inches around her middle. “I’d definitely do it again,” she declares, ten months post-treatment.

Swanson’s experience was a bit rockier, though not uncommon, doctors say. Initially her stomach was so swollen that she couldn’t sleep, and she had nausea, tingling, and burning. “I was out of work for three days, and it was two weeks before I felt okay enough to get back on the treadmill,” she says. Cox (who did not treat Swanson) notes, “The burning and tingling are normal and may last several weeks, but nausea isn’t typical, so if that occurs, let your doctor know.” Swanson adds that although she didn’t start seeing results until seven weeks later, she’s now a believer at one year out. “As a mother of two 10-pound C-section babies who are now in their 20s, I’m happy with my stomach for the first time in forever,” she says. “I just feel better about myself.”

Tightens slack skin: Radiofrequency

WHAT IT IS: RF, as doctors call it, refers to devices that use radio waves to heat tissue deep down in the skin, which triggers collagen production. “As new collagen grows, it plumps up skin so it’s smoother while also increasing elastin, the fibers that keep skin firm,” says M. Christine Lee, M.D., an assistant clinical professor of dermatology at the University of California, San Francisco, and director of the East Bay Laser and Skin Care Center in Walnut Creek, CA. And these radio waves aren’t the same ones that cell phones emit (which some people have concern over due to their potential link to cancer), “so they’re completely safe,” she says.

RF energy can reduce mild to moderate sagging on abdomens, arms, inner thighs, even knees, and it can also fade stretch marks. “But it can’t get rid of large rolls of skin,” says Lee. Also keep in mind: There are numerous machines that offer this technology, and each one works a little differently. The most powerful, and one of the most expensive, is Thermage. It requires only one or two treatments that take

up to 90 minutes each; lower-energy devices like Vanquish, Exilis, Viora, and VelaShape require anywhere from three to 12 shorter sessions spaced several weeks apart, but they’re cheaper in the long run. For stretch marks, Lee notes that Fotona4D, a procedure that combines several lasers, “works better than anything else, even on years-old stretch marks.” But no matter which machine you go with, radiofrequency is not a permanent fix. “Once you stop the treatments, you stop triggering all that new collagen,” says Lee. “So you have to redo them every couple of years to maintain the best results.”

COST: It varies by machine and by the size of the area you’re treating, but Thermage is typically \$2,500 to \$4,500 for one full series of treatments, while the lower-powered devices run up to \$2,500 for a complete series. Fotona4D, which is brand-new, costs \$6,000 for the full series of four treatments.

WHAT TO EXPECT: All RF devices use heat, so you’ll feel toasty, but because the only side effect is a little redness and bruising, patients agree that these procedures can truly be done

“It took nearly two months before I saw results, but I’m happy with my stomach for the first time in forever.”

—JILL SWANSON, 49

on your lunch hour. Depending on the machine, women describe the sensation as ranging from “like sitting in a hot pan with your skin cooking” (for Thermage) to “no different from lying in a tanning bed” (for Vanquish). “And speak up if the machine feels too hot,” says Van Barlow*, 42, of Sacramento, CA, who got six Vanquish sessions on her belly a year ago. “The doctor can adjust it to a more comfortable level.”

THE RESULTS: It can take months for new collagen to grow, so you have to be patient, but everyone we spoke with who got RF was happy. “I can wear a bikini again!” says Stephanie Weisner, 30, of New York City, who a year ago did three sessions of VelaShape on her legs and one on her tummy. “My legs were firmer after the first treatment, and my post-pregnancy jiggle was gone after 12 weeks. Now, so are my stretch marks.”

While doctors stress that the younger you are, the better your results will be, women in their 40s and even 50s seem just as pleased. “The improvement is substantial,” says Barlow. “By the fourth or fifth treatment, my pants fit better.” Jenna Taylor*, 59, of Portland, OR, had six Vanquish treatments on her sagging belly, which was left over from her two C-sections three decades ago. “I’m not flat by any means, but my abs finally have some definition,” she says, adding that she dropped from a size 10 to an 8 by the fourth session. Lee (who did not treat Taylor) explains that “even though RF doesn’t melt fat, by tightening that loose skin, it can shrink the circumference of the area.” As for Taylor, at just under two years post-treatment, she’s now down to a size 6: “Seeing such a dramatic change in my stomach motivated me to get healthier all around.”



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You should not use JUVÉDERM VOLUMA® XC if you have a history of severe allergies/allergic reactions, or if you are allergic to lidocaine or hyaluronic acid. The safety of JUVÉDERM VOLUMA® XC injectable gel for use during pregnancy or while breastfeeding has not been studied. The safety in people with a history of excessive scarring or pigmentation disorders has not been studied. Tell your healthcare professional if you are on therapy used to decrease the body's immune response, or using products that can prolong bleeding, such as aspirin, ibuprofen, or other blood thinners. The long-term safety of repeat treatments and the safety for use in people with very thin skin in the cheek area has not been studied. The most common side effects with JUVÉDERM VOLUMA® XC include tenderness, swelling, firmness, lumps/bumps, bruising, pain, redness, discoloration, and itching, and generally last 2 to 4 weeks.

To report a side effect, please call Allergan Product Surveillance at 1-877-345-5372. For more information, please see www.juvederm.com or call the Allergan Medical Information line at 1-800-766-0171.

JUVÉDERM VOLUMA® XC injectable gel is available by prescription only. © 2014 Allergan, Inc. ® marks owned by Allergan, Inc. APC20DV14





Eva Mendes has *real* beauty advice

As a sleep-deprived new mom, the 41-year-old actress relies on some seriously simple yet super-clever moves. We like how she thinks!

REDBOOK: You never seem to get caught in an unflattering paparazzi photo. Do you wear makeup every day?

EVA MENDES: I do, and I pride myself on a fast routine. I start with tinted moisturizer, then I dab on a bright pink cheek stain, which makes my skin come alive. And I *always* need concealer, because no matter what, I have dark circles. I made peace with that a long time ago.

RB: As a new mom, you must really be relying on that concealer!

EM: [Laughs] You know, not really—I'm not stressing out as much lately. But I'm sure that'll change.

RB: Do you have any makeup tricks?

EM: To draw attention to my eyes, I never line the outer corners, I keep

them open. Another trick is, if you have a longer face like I do, when applying blush, blend it horizontally across your face [from cheek to cheek] so there's a little on your nose, too.

RB: Are you as savvy with your hair?

EM: Oh, no, I'm terrible at blow-drying. But I'm into hair treatments. Once a month, after shampooing, I douse my wet hair with coconut oil. I massage it in, then I put on a shower cap, leave it on overnight, and rinse it out the next morning. I also like a good leave-in conditioner, like Infusium23.

RB: What are your skin-care essentials?

EM: I'm on the coconut oil bandwagon, so I use it on more than my hair. It's my moisturizer for my hands, body, even my face—though for day, I prefer Estée Lauder Hydrationist Moisture Creme. It's thick and wears well under makeup.

RB: You're an ambassador for Circa, a new cosmetics line at Walgreens. What was your first drugstore makeup buy?

EM: Revlon lipstick, because Cindy Crawford was one of their spokesmodels and I was obsessed with her. I bought a frosty shade and a brown one. I may have even layered the two!

RB: Do you have a signature scent?

EM: I've been wearing Estée Lauder Knowing since I was in seventh grade. Also, my family is Cuban, and we have a tradition where we douse ourselves and our babies in violetas, a type of cologne that smells like violets. I have a bottle in every room in the house.

RB: What other beauty traditions do you have?

EM: My mom is so old-world; she'd always say to me, "Blend upward," when putting on her face cream. She'd also sprinkle baby powder in her hair to absorb oil, and now I do it too. Another thing she told me was to moisturize my elbows, but I never did. Now they're hideous, and I think of her whenever I look at them! —As told to Kate Sullivan

win
it!



Eva's essentials (from top): Estée Lauder Knowing Eau de Parfum Spray, \$82 for 2.5 oz; Infusium23 Miracle Therapy Leave-In Treatment, \$6.99; Circa Ultrasuede Cream Blush in 03 Portofino, \$13 (25 readers will win one; see page 145 for details); Circa Magic Hour Illuminating Concealer, \$12; Johnson's Baby Powder, \$1.99; Estée Lauder Hydrationist Maximum Moisture Creme, \$44.

SEE SHOPPING GUIDE, LAST PAGES, FOR DETAILS.



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Wash Away Winter



Team Red Contributor Caitlin Lindquist from the blog alittledashofdarling.com shares her recipe for a simple, D.I.Y. body scrub that promises to banish dry skin and leave you with an allover glow.

LAVENDER-LEMON HONEY SUGAR SCRUB

Ingredients:

- 1 cup organic cane sugar
- ¼ cup olive oil
- 2 Tbsp raw honey
- 2 tsp dried rosemary
- 15 drops lemon essential oil
- 15 drops lavender essential oil

Directions:

- ① Mix sugar, olive oil, honey, and rosemary together in a bowl.
- ② Add essential oils and stir to combine.
- ③ Begin shower with a warm rinse, allowing pores to open and release impurities.
- ④ Start at your feet and massage the scrub in a circular motion up the legs and the torso.
- ⑤ Allow scrub to sit for 3-5 minutes.
- ⑥ Finish with a cool rinse to lock in the added moisture.



Use the **SHOP REDBOOK** app to scan this page for more of Caitlin's at-home body scrub recipes.



"Water temperature during cleansing is an important factor in maintaining optimum skin condition, especially in people with moderate skin dryness. **Delta® Temp₂O™ Technology** allows you to pinpoint your optimum water temperature every time you shower to help in your quest to achieve beautiful skin."

—Warren Wallo, skin-care expert



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get into out there, but you can in here.

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Fix-it-all face masks

These mini facials will kick-start your glow right away, then keep it going by smoothing lines, fading spots, the works. We tested lots of new formulas and fell in love with six.

BY MARISSA OLIVA

Ultra-nourishing on dry skin: Glamglow Thirstymud Hydrating Treatment, \$69

"My face was bone-dry after the long winter—this gave me a supple, rosy effect that lasted for days every time I used it."

—Victoria Kirby, beauty director



Balances combination skin: Lancôme Énergie de Vie Nuit Overnight Recovery Mask, \$65

"I've been applying this velvety cream nightly. My cheeks have gotten softer, while my forehead seems less oily."

—Jenny Hart, assistant photo editor



Clears up a clogged T-zone: Bioré Self Heating One Minute Mask, \$7.99 for a pack of 4

"The mask gets warm right after you put it on, which felt so good. I used it a few times a week for two weeks, and now my nose is blackhead-free."

—Marla Horenbein, assistant fashion editor



Brightens a dull, spotty complexion: Olay Regenerist Luminous Overnight Mask, \$26 (25 readers will win one; see page 145 for details)

"Per the directions, I put this on every night in place of moisturizer. After one week, my skin looked more even—and remarkably radiant."

—Petra Kobayashi, art director



Exfoliates and calms sensitive skin: Ole Henriksen Blue/Black Berry Enzyme Mask, \$34

"I replaced my scrub with this mask, and it made my complexion look and feel extra-smooth, without any irritation. Plus, the lavender scent is crazy-relaxing."

—Brie Schwartz, Web editor



Plumps and firms: L'Oréal Paris Revitalift Intensive Overnight Mask, \$24.99

"The formula is rich but didn't clog my pores. Within a day, my fine lines were visibly softer, and it just keeps getting better."

—Cathy Garrard, research director



CHRISTOPHER COPPOLA/STUDIO D. PROP
STYLIST: JULIE FLYNN AT HALLEY RESOURCES.



Revitalize your senses with new Dove go fresh body wash and beauty bar, now in juicy mandarin and luscious tiare flower scent. Exhilarating freshness meets moisturising care to bring your shower to life.

 Find out how at Dove.com



5 beauty tricks I just learned

A D.I.Y. way to get smoother skin, perfume that lifts you up, and a secret hair-care formula—beauty director **Victoria Kirby** has all the inside info you need.



One of the items for sale will be Mally Beauty Pro-Tricks Dual Core Hydrating Lipstick Trio, \$35.

By treating yourself, you can help others.

On April 15, give back to someone besides Uncle Sam and feel great about it: Beginning at 10 p.m. ET, tune in to QVC's two-hour-long "Beauty With Benefits" show to score deals from more than 30 luxe brands including Clinique, Fresh, Dior, and Mally Beauty. What's even sweeter is that 80 percent of the purchase price of every product sold will go to CEW Cancer and Careers, a program that helps people undergoing cancer treatment thrive in their workplace.

Your best face wash might be a powder.

I'm telling you, I may never go back to the liquid stuff! There are a bunch of new powder formulas that can cleanse, exfoliate, and help skin glow in one extra-gentle step.

Most have natural enzymes or grains that clear away dead skin, plus they come packed with radiance-boosters like vitamin C and are free of preservatives. I'm hooked on Nude Skincare Detox Brightening Fizzy Powder Wash. At \$42, it's a splurge, but all you need is a small sprinkle mixed with a little water to get a palm-full of good, clean suds.



Aloe vera juice is a terrific facial toner. That's one of many homemade beauty tips you'll find in *Gorgeous for Good*, a new book by green-living guru Sophie Uliano (Julia Roberts is a fan). As Sophie explained it to me, "Aloe vera juice calms inflammation and tightens pores. Mix it with equal parts distilled water in a bottle and keep it in the fridge, then swipe over clean skin at night before moisturizing."



Oscar de la Renta Flor eau de parfum, \$78 for 3.4 oz.

Some scents whisk you away. Years ago at a lunch, I heard Oscar de la Renta describe in exquisite detail the sweet, tropical smells of his beach home in the Dominican Republic. And just before he passed away, in October, he finally bottled them. The new fragrance, Flor, blends pink jasmine, peony, lychee, and neroli into one perfectly sunny, transporting scent.

Lose the crunchy hair for good.

If you have fine hair like I do, you know that even the fanciest volumizing mousse can sometimes make it stiff and crackly. Hairstylist and Matrix artistic director Nick Stenson gave me this fix: "Mix a *tiny* drop of hair oil in with your dollop of mousse before applying." I tried it with Matrix Oil Wonders Amazonian Murumuru Controlling Oil, \$24, and my hair was silky as can be (25 readers will win one; see page 145 for details).



win it!

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\$15

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Inspire serious
lash envy with this
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lash extensions in 2
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and see shockingly
outrageous results!

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random strangers.

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own lashes.

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STYLE

PHOTOGRAPHED BY Satoshi

Make it rain

Please, because you've got some cute waterproof ankle boots to get you through the puddles—and the rest of your day—looking sleek and stylish. Your bank account won't get soaked either: These start under \$30!

\$39;
sakroots
.com.

Bernardo,
\$145;
nordstrom
.com.

Lauren Ralph
Lauren, \$59;
zappos.com.

\$28.99; cicihot
.com (30% off
with code
REDBOOK30).

\$100; tretorn
.com (20% off
with code
REDBOOK20).

PROP STYLIST: MARIANA VERA AT HALLEY RESOURCES.

Discounts are valid from March 12, 2015, through April 20, 2015, and do not include taxes or shipping.

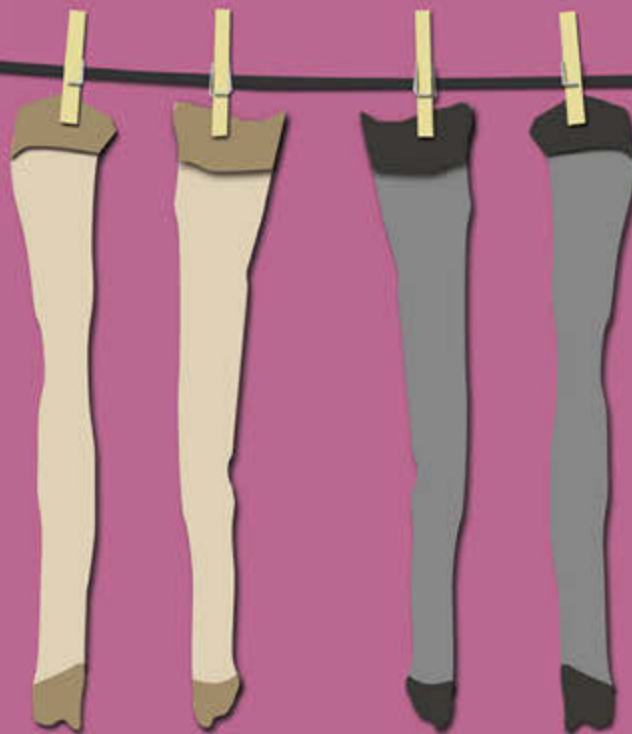
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fashion under \$50

Four big ideas on how to
freshen up your warm-
weather style while feeling
like a shopping genius.



Go elegant in blues and florals

1 It's a bouquet for your neck! (And that's a good thing!) Necklace, \$38; daniellestevens.com (20% off with code REDBOOK20). **2** Slip on this forgiving shift dress, then order up the double stack at brunch. Dress, Lila Clothing Company, \$29.99; modcloth.com. **3** These vintage-y stunners might make people think Liz Taylor was your godmother. Don't correct them. Earrings, \$34; chloeandisabel.com (20% off with code REDBOOK20). **4** Cobalt pumps are surprisingly, amazingly versatile. Heels, Madden Girl, \$49.50; zappos.com. **5** The prettiest way to weather late-season chills. Scarf, \$39.50; loft.com. **6** An office-friendly tropical print—so good with a black blazer. Skirt, Metaphor, \$34; sears.com. **7** A bag with mega polish for a teensy price. Purse, \$34.99; shopprimadonna.com (20% off with code REDBOOK20).



8



9



10



15

11



14



13



12



Get your (girly) cowboy on

8 The soul mate your leggings have been asking for. Tunic, \$46; fashionjunkee.com (15% off with code REDBOOK15). **9** Because turquoise looks good on everyone, and with anything. Earrings, \$44; sterlingforever.com (25% off with code REDBOOK25). **10** We dig this sweater's handmade, crafts-fair vibe. Sweater, \$39.99; ae.com. **11** Fringe is like a cocktail: It makes every outfit better. Booties, \$39.95; justfab.com. **12** A pretty start to your next arm party. Bangles, \$45 for set of 2; rosenasammi.com (20% off with code REDBOOK20). **13** Cutest satchel ever. Bag, Super Trader, \$39.99; modcloth.com. **14** A comfy skirt you can run around in. Or watch TV in. Whichever. Skirt, \$14.80; forever21.com. **15** It's amazing how much character this little piece of jewelry can add to a look. Ring, \$49.99; alisamichelle.com.



DON'T DENY YOUR DRY EYES

It may surprise you that if you're experiencing any of these symptoms, you may have **Chronic Dry Eye disease**:

- ▶ Dryness/itching
- ▶ Sensitivity to light
- ▶ Burning/stinging
- ▶ Blurry vision
- ▶ Feeling like something is in your eye
- ▶ Problems wearing contact lenses
- ▶ Watering eyes

Chronic Dry Eye can limit your ability to perform daily activities that involve your eyes. Over time it can have potential consequences for your eyes—damage to the front surface of the eye, increased risk of infection, and effects on your vision. The good news is that treatment options are available.

TAKE ACTION NOW

- ➔ **SCHEDULE** a medical exam with your optometrist or ophthalmologist to see if you have Chronic Dry Eye. Don't wait.
- ➔ **GO TO mydryeyes.com, TAKE** a brief questionnaire eye doctors use to assess Chronic Dry Eye, and **SHOW** the results to your eye doctor.

My DRY EYES



COMES IN
plus

Try some super-bright color...

16 Wearing this happy dress on Monday may trick you into thinking it's Friday. Dress, Attention, \$26.99; kmart.com. **17** If these don't yell "Girls' night—woo-hoo!" *nothing* does. Heels, \$49.99; callitspring.com. **18** A sweet waist cincher. Belt, \$7.99; amclubwear.com. **19** This wallet doubles as a wristlet. Wallet, \$48; oliviaandjoy.com. **20** Let this skirt perk up a white button-down. Skirt, \$49; lulus.com (20% off with code REDBOOK20). **21** Manis shouldn't be the only thing brightening your hands. Ring, Guess, \$18; macys.com. **22** Super-cute and hands-free. Backpack, \$38; baggu.com. **23** An airy (but demure) top. Tank, \$26.94; oldnavy.com. Sizes XS to XXL.



COMES IN
plus

...or stand out in black and white

24 Need we remind you how good you look in A-lines *and* stripes? Skirt, Joe B, \$40; kohls.com. **25** This top + jeans = flawless. Top, Metaphor, \$36; sears.com. **26** Fine lines you'll love to see in the mirror. Dress, Worthington, \$39.99; jcpenny.com. Sizes S to XL. **27** How rock stars do "understated jewelry." Earrings, \$32; cocoajewelry.com. **28** Boy, does this bag look *pricey*. Bag, Lithyc, \$43; overstock.com. **29** Proof that not all statement shoes are heels. Flats, \$36; dressbarn.com. **30** These would be magic with a colorful tee. Pants, \$44.99; newyorkandcompany.com (**25% off in stores with code 4745**). **31** A coat that'll get you mucho compliments—for under \$40 (with our discount)! Coat, \$46; gojane.com (**20% off with code 03RB20R**).



D R E S S H A P P I E R

The first lesson of “Look Good, Feel Good 101” is to add some prints to your wardrobe. They’ll bring on the pretty and boost your confidence—just ask actress **ELLIE KEMPER**, our beyond-adorable model and star of the new show *Unbreakable Kimmy Schmidt*.



PHOTOGRAPHED BY MEI TAO



Pile it on

This page: Sticking to a crisp and pared-down color palette pulls together three totally different patterns.

Shirt, Lauren Ralph Lauren, \$69.50. Dress, Ann Taylor, \$129. Heels, GX by Gwen Stefani, \$79.95.

Pick a theme

Opposite: The simple shape of that dress and heels makes all those butterflies feel sane.

Dress, Talbots, \$169 (sizes 2 to 20), \$189 (women's sizes 12 to 24). Bracelets, from top: Lydell NYC, \$34; Gorjana, \$108; Earthy Chic Boutique, \$70 (20% off with code REDBOOK20). Heels, Lulu's, \$34 (20% off with code REDBOOK20).





Go abstract

This page: Pairing a spiky necklace with a geometric top is cool but cohesive enough that it isn't kooky.

Necklace, Bauble Bar, \$44. Top, 1.State, \$108. Rings, Cynthia Rybakoff, \$128 each (20% off with code SPRINGFLING20). Jeans, Levi's, \$78.

Mix your textures

Opposite: The appliqué top isn't *exactly* a print—so it's subdued, but much more fun than a plain white tee.

Earrings, Cynthia Rybakoff, \$148 (20% off with code SPRINGFLING20). Top, 424 Fifth, \$89. Skirt, Hil Expectation, \$63. Bracelets, from top: Stella & Dot, \$24; Coco Loves Rome, \$14 (20% off with code COCOLOVESRED). Heels, Schutz, \$200.

You may recognize Ellie Kemper as Becca, the sheltered sweet pea among bawdy wildflowers in *Bridesmaids*, or as Erin, the goofball receptionist she played on *The Office*. They were great roles, but let's be clear: The enthusiasm and innocence she brought to them were not entirely an act. When the Missouri transplant arrived in New York City after college to try to make it as an actress, she was promptly duped. "I went out to grocery-shop, and this lady stopped me on the street and offered me a beauty parlor special: 'I can give you two makeovers for the price of one; all I need is your credit card,'" says Ellie with a laugh. "I literally whipped out my card and was like, 'Here it is! Is this all you need?'" and she copied it right there on Sixth Avenue."

It's purely dumb luck that nothing bad happened—the woman never used the card—and honestly, that

wide-open trust and sweetness just make the 34-year-old more adorable. Those traits are on full display as she plays the title character of the Tina Fey–created comedy *Unbreakable Kimmy Schmidt*, premiering this month on Netflix. The premise is dark—Kimmy comes to New York after being rescued from a doomsday cult that had been living in an underground bunker for 15 years—but the episodes are as cheerful as the character's light-up sneakers.

Ellie herself was inspired by Kimmy's fearlessly Technicolor wardrobe. "I have found I'm leaning toward more vibrant colors because I'm so happy in them," she says. It's the same reason she loved the feminine prints and girly details of the outfits she wore for this story, particularly the butterfly dress on the opener. "I left the shoot feeling great!" she chirps. And looking, as ever, cute as a button. —Kate Sullivan



Play with scale

Florals and stripes—so classic! Just bear in mind, a bloom this huge calls for finer lines.

Necklace, Stella & Dot, \$49. Top, Koral, \$85. Skirt, H&M, \$99. Heels, Kristin Cavallari by Chinese Laundry, \$140.



Find your match

Sure, jumpsuits make us nervous too. On the other hand, this top and pants are winning together and awesome apart.

Earrings, Cynthia Rybakoff, \$148 (20% off with code SPRINGFLING20).

Top and pants, Ann Taylor, \$69.50 and \$98. Bracelet, Gorjana, \$68. Flats, BC Footwear, \$60.

FASHION DIRECTOR: Jennifer Hitzges

HAIR: Sascha Breuer for Wella Professionals

MAKEUP: Mai Quynh at Starworks Artists

PROPS: Dane Holweger

MANICURE: Carla Kay at Cloutier Remix using Chanel Le Vernis

See shopping guide, last pages, for details.

COMES IN
plus

Dressed up for date night

Button it up and tuck it into your prettiest skirt for a sporty-girly mix.

Polo, \$29.95; lbean.com. Sizes XS to 3X. Earrings, \$26; accessoryconcierge.com. Skirt, Girls on Film, \$62.90; little-mistress.com (20% off with code REDBOOK20). Heels, \$22.60; makemechic.com (20% off with code REDBOOK20).



Undone on the weekend

Leave the collar open and a bit messy, but don't go the full '80s-style pop.

Jacket, \$110; max-jeans.com. Watch, \$84; lamer collections.com (20% off with code REDBOOK20).

Pull your polo shirt back out!

They're not just for Saturday anymore. Find your body's best one here, then wear it 'round the clock.

THE BEST IF...



...you have a tummy

This has a straight, boxy cut that won't cling to your middle. \$39; joefresh.com.

...you're plus-size

Longer sleeves give extra arm coverage; the A-line shape is slimming. \$39.50; landsend.com. Sizes XS to XL.

...you're busty

The silky, non-stretch fabric won't pull or gape over your chest. Plus, it's so pretty. \$89; tommy.com.

Coordinated at work

Matching it to one of the colors in a printed skirt (or pants) gives them the feel of a set.

Blazer, \$24.90; forever21.com. Bracelet, \$162; maisonmorgana.com (20% off with code REDBOOK20). Skirt, \$88; darling clothes.com.



ON FIGURE: LAUREN PERLSTEIN/STUDIO D. HAIR: CASEY GEREN USING ORIBE/ABTP.COM. MAKEUP: DAVID TIBOLLA AT CELESTINE AGENCY.COM. STILLS: RICHARD MAJCHRAK/STUDIO D. STYLIST: CLAIRE TEDALDI AT HALLEY RESOURCES.



◀ **BOHEMIAN CLUTCH**
This pretty clutch inspires me to get out somewhere cool and offbeat.
Estee Clutch, \$84, Star Mela, starmela.co.uk



◀ **PUMPKIN FACE OIL**
The latest super-ingredient packs a veritable cornucopia of benefits, from new cell turnover to UV protection.
\$58, omaroma.com

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New Finds



◀ **RING FINGER REDEFINED**
These rings connect to your phone and send you customized notifications through vibration and light. How cool is that?
Ringly, \$195, ringly.com

"These little luxuries make every day more fun," says **Meghann Foye**, REDBOOK's senior web editor. She's taken them for a test-drive and now shares them with you.



◀ **ORGANIC CHOCOLATE**
I can't help but throw one of these into my grocery sack each week. **Organic Ecuador Dark Chocolate** flavor is divine.
\$3.75, equalexchange.coop

A MESSAGE FROM CHEVROLET EQUINOX

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Crossover buyers not wanting to sacrifice style or space will have to have **EQUINOX**. (Which *Car and Driver* said combines "flexible seating and exceptional cargo space, wrapped in a smooth package.")

*Requires compatible device, active OnStar service and data plan. See onstar.com for system details and limitations.



COPPER COCKTAIL SHAKER

Shake things up from the traditional silver with the hottest metallic hue of the season.
Orb Copper Shaker, \$24.95, [Crate and Barrel](http://CrateandBarrel.com)



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OF WHAT LIES AHEAD.**



**THE 2015
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Equinox with available Forward Collision Alert has been named an IIHS 2014 Top Safety Pick+, which means you can find your favorite places with fewer worries. When you set out to Find New Roads, you become the most awarded car company of the year.

2014 IIHS TOP SAFETY PICK+

FIND NEW ROADS™

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WHAT'S NEW NOTEWORTHY & NOW **04.15**



Lee® Easy Fit Jeans

Lee® Easy Fit Jeans feature slimming stretch fabric that holds its shape to provide all-day comfort for active lifestyles. Its tilted rise provides back and side coverage, while the stretch fabric in the waistband holds you in and smooths you out. So if you're looking for something easier, without compromising comfort or style, the Lee Easy Fit jean is right for you. It's kind of magic — knit comfort, denim style. Comfort Never Looked So Good.

Lee.com



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philosophy.com/renewedhope



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philosophy

1% of all philosophy product sales supports community-based mental health efforts.
-hope & grace initiative

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California Almonds are a delicious snack packed with energy to help you bring it all day, every day. Visit Almonds.com to explore snacking tips, hundreds of delicious recipes, nutrition information, and more. Crunch On.

Almonds.com



california almonds
Almonds.com

Truly Radiant™

True radiance is a combination of strength and beauty. Try the new Arm & Hammer™ Truly Radiant™ Collection for a radiant smile in just 5 days!*

(*Data on file)



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REAL-WOMAN STYLE CRUSH

Flaunt your (gorgeous) curves

"Play it safe" is not in Rachel Richardson's rule book. Thank goodness for that, because whether you're a size 8 or 18, the Lovely in LA blogger's body-confident tips will make you sizzle.



Support is everything

"I love one-shoulder tops—they look cool even under a jacket. I'm a 42D, and my go-to strapless bra is by Cacique for Lane Bryant."

Don't make your bag too mini

"Large envelope clutches are a staple. They hold my essentials and look proportionate against my 5-foot-10 frame."

Pick the right print

"Contrary to what you hear, I think a small pattern actually makes your hips seem bigger. I usually go for a large print that's bold but dark."



Over-size top? Yes!

"Sheer, floaty tanks and blouses give me hip coverage without being frumpy."

Over-size jeans: No, thanks.

"Never go baggy: The most flattering boyfriend jeans are kind of slim with a little stretch."



Find your narrowest spot

"I'm smallest not at my waist but right under my bust, so I wear empire bodices or high-rise pieces that cinch me there."

Feel good from the bottom up

"Strappy sandals make me feel sexy, but with a three-inch heel, they're still comfy."

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See page 14 for contest details.



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5 feel-good style ideas

We see endless good outfits and even better karma in your forecast, thanks to these charitable buys and versatile gets.



Jean jacket update

Want a cool new denim look? Swap your classic jean jacket for one of the season's slew of cute, lightweight bombers. We're particularly charmed by these two: Gray sweatshirt accents contrast nicely with the chambray (and make it extra-comfy), and the quilted one's subtle dressiness will be much appreciated on rushed Saturday mornings. *Jackets, from left: \$79.50, louandgrey.com; \$88, standardsandpractices.net.*



CARRIE UNDERWOOD, ACTIVEWEAR GENIUS?

Fun fact: Celebs want to wear stretchy pants 24/7 too! "I like things that can take me from a workout to meetings to lunch," says Carrie Underwood. The pieces in Calia, her new fitness line for Dick's Sporting Goods, look almost too pretty to sweat in but actually make it really easy, thanks to "special fabrics that keep you cool, dry, and fresh," says Carrie. "The printed leggings are my favorite. I love to wear them with an oversize sweater and a cute scarf." *Jacket, \$79, leggings, \$65; both caliastudio.com.*



The best reason to clean your closet

Three years ago, Christena Reinhard asked her sister-in-law Pam Treferl if she could help Year Up, a nonprofit for underprivileged youth that Christena works with. So Pam gave her all the clothes and handbags she no longer wore to be consigned—and the money raised went toward creating the organization's first Mac computer lab. Now the pair has launched the online consignment shop Union & Fifth (unionandfifth.com). Send in your items and they'll sell

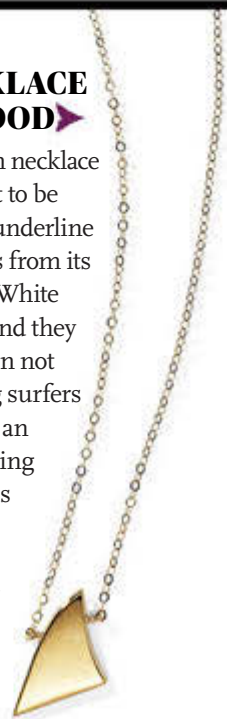
THIS WALLET BUYS HOPE

If this cheery wallet (it comes in six other bright combos) isn't enough reason to smile when you reach for cash, here's another one: It's a great way to show support in April for Autism Awareness Month. Five percent of all One Odd Bird sales goes to the Help Group, an organization dedicated to serving young people with autism and other special needs. *Wallet, \$135; oneoddbird.com.*



A SHARP NECKLACE THAT DOES GOOD

This pretty li'l shark fin necklace says, "I'm nice, but not to be messed with." Just to underline that point, all proceeds from its sale go to the Atlantic White Shark Conservancy. And they deserve our help! When not stalking unsuspecting surfers in movies, sharks play an important role in keeping our oceans' ecosystems healthy. *Amelia Rose Design necklace, \$55; atlanticwhiteshark.org/shop-awsc.*





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BODY

Be healthier every single morning

It's no shock that people who walk or bike to work are less stressed than those who drive. But get this: So are the folks who take the bus or train. It might be because public transit usually involves a quick walk or stairs and exercise boosts your mood, says researcher Adam Martin, whose work was published in *Preventive Medicine*. Plus, the ride gives you time to unwind and do things you can't in a car, like answer emails, snooze—or avoid traffic.

What doctors tell their friends about *happiness*

Bills piling up, bosses from hell, PMS that even Dr.'s Ben and Jerry can't get a handle on: We know it's not easy being you. So we've rounded up the stay-happy secrets that doctors share with their loved ones who need a boost.

BY STEPHANIE WOOD

Think "satisfied," not "giddy"

"I tell my friends that happiness is like dessert. If you expect every meal to be dessert, you're going to be disappointed. Doctors call being happy all the time 'mania'—it's just not normal. Normal for most people is to be happy about 15 percent of the time, to be unhappy 15 percent of the time, and to be mood-neutral—that is, *satisfied* with your life—70 percent of the time. Women today think they can only be happy if everything is right: They're in a great relationship, healthy, thin, financially secure, the house looks perfect, they're successful, the kids are doing great in school. But how often is everything like that at once? Write down the 10 or 12 factors you count on to feel happy, then be content if just the four most important ones are clicking at the same time." —*Alice Domar, Ph.D., executive director of the Domar Center for Mind/Body Health in Waltham, MA, and author of Be Happy Without Being Perfect and Healing Mind, Healthy Woman*

Sometimes emojis aren't enough

"When you're upset, venting online should be a last resort. Getting support is a completely different experience in person. Recently, during one of our usual walks, a friend told me she was going through a very stressful time because her teenage daughter refused to acknowledge my friend's not-so-new and very serious boyfriend. I put my arm around her, looked her in the eye,

and encouraged her to keep talking: 'Then what happened?' 'How was that for you?' What she needed most was for me to simply listen, *see* her pain, and acknowledge how upsetting the experience was for her. When you're communicating digitally, you can't read that person's body language or hear their tone of voice. And that's unfortunate, since studies show that human touch, eye contact, and facial expressions can lower blood pressure, heart rate, anxiety, and sadness, as well as decrease physical pain. So when you need to talk, your first choice should

be to do it in person. If that's not an option, get on the phone or video chat." —*Margaret Howard, Ph.D., director of women's behavioral health at Women and Infants Hospital of Rhode Island*

You might have to talk yourself into it

"Being happy is a choice. I have a friend who tends to be really negative—she fixates on upsetting situations and gets frustrated and emotional. She needed to recognize her worth and stop giving her power away to people who were making her unhappy. So I told her to look in the mirror every morning, take a few deep breaths, and recite these affirmations: 'I am confident, and it's a wonderful day. I am the architect of my life, and I have talents I will use today.' It sounds kind of hokey, but research shows that affirmations can reduce stress hormones in the body and help create lasting change. My friend tried this, and her upsetting daily drama really did decrease." —*Aunna Pourang, M.D., a holistic family physician in Los Angeles and author of Meditate, Don't Medicate*

Order the salmon

"Recently, a close friend of mine took on a new role at work. She was excited, but it was difficult to juggle that with her life at home, and she was getting increasingly stressed and anxious. Plus, she was beginning perimenopause, which can start in your late 30s. When hormone





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levels aren't flowing properly, all those important neurotransmitters in the brain that keep us calm, focused, and upbeat plummet. My prescription: Eat more fish! The omega-3 fatty acids found in fish, especially salmon, regulate serotonin levels. Research even shows that women who have a low intake of omega-3s have a greater risk of depression. So make sure to get two to three servings of fish a week. Vegetable oils are another good source. If you can't get enough of either, talk to your doctor about taking a supplement. After a month of eating more omega-3s, my friend felt a noticeable difference." —*Pamela Peeke, M.D., author of Body for Life for Women and senior science advisor to Elements Behavioral Health treatment centers*

Leave the dishes!

"My number-one rule is to get enough sleep. I have so many friends who will say, 'Oh, I was up until 2 a.m.' because they were baking for the school sale or finishing a work report. One woman I know was a wreck because she felt she had to be constantly responsive to her 3-year-old, nurse her baby, keep her home pristine, and put every meal on the table herself. She was so exhausted that she was in tears! Sleep is a critical biological requirement, and getting too little affects your mood and increases your feelings of unhappiness. When you're overtired, not only are your energy and productivity likely to plummet, but you can become irritable and impatient, and ultimately you might feel guilty about your behavior. It's often true that when you shortchange yourself on sleep, you shortchange others in your life too, and because women are often socialized to feel responsible for everyone else, it creates this vicious cycle. My friend's remedy was simple: I talked her into setting a reasonable bedtime for herself and sticking to it no matter what else she had on her plate, and in a week she felt better *and* had more energy." —*Jephtha Tausig-Edwards, Ph.D., a clinical psychologist in New York City and supervising psychologist for Family & Children's Services of Nantucket*

“It sounds hokey, but affirmations really do work.”

Don't give in to your hormones

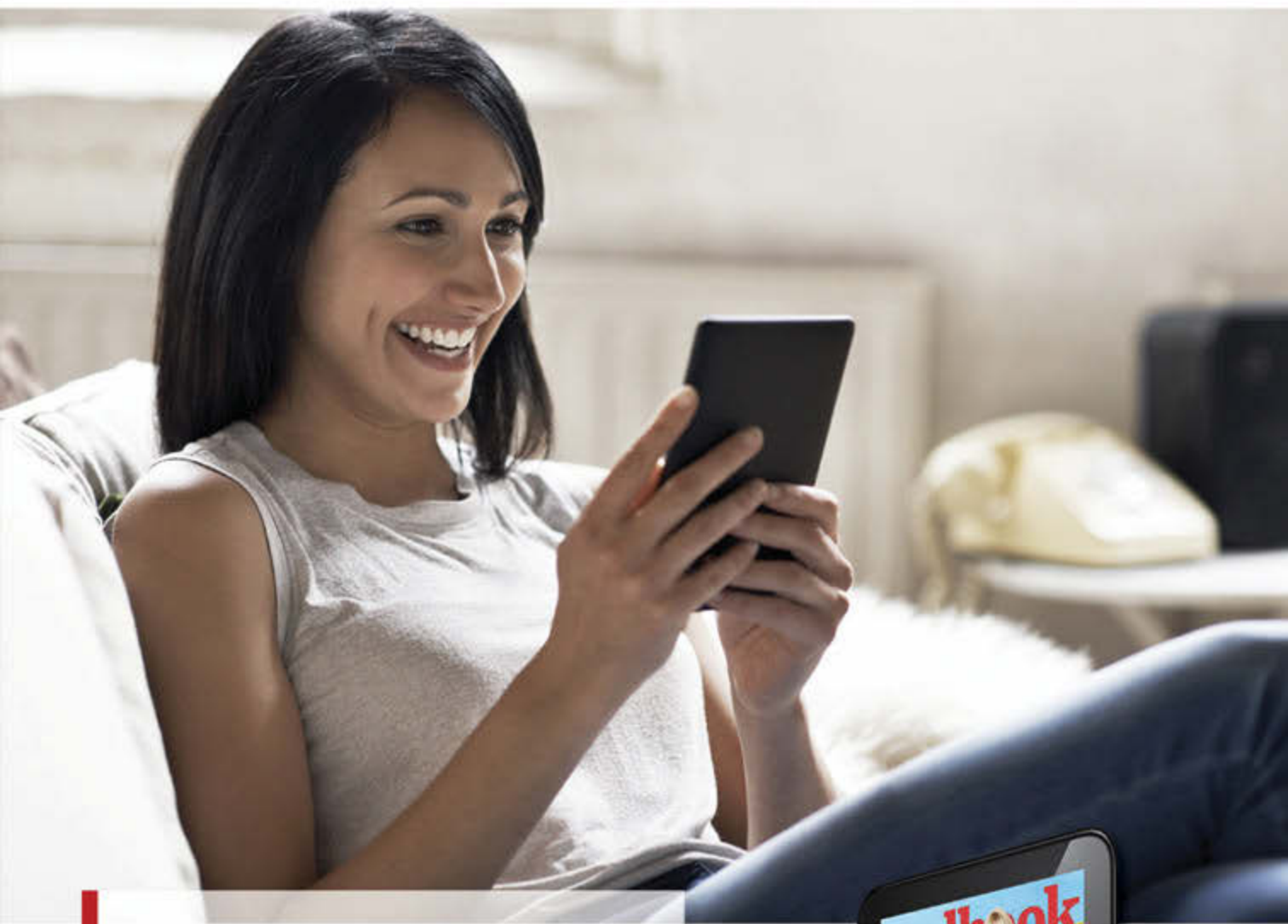
"You know that the hormonal swings you experience leading up to your period have a very pronounced effect on your happiness. They cause bloating and water weight gain, which starts the madness. You step on the scale, struggle to get your jeans buttoned, or just *feel* bigger and it immediately puts you in a bad mood. The key is to get control of the physical symptoms before they start. I tell my friends to adapt their diets from the time they ovulate, around day 13 or 14, to when their periods actually start, at day 28. Load up on natural diuretics like asparagus, tomatoes, watermelons, cucumbers, cranberry juice, garlic, and green tea. At the same time, increase your protein and water intake and cut back on salty foods, sugar, alcohol, and caffeine. Salt causes your body to retain water, while the others are inflammatory and can worsen PMS symptoms. And try to get some exercise, which releases feel-good endorphins." —*Sheryl Ross, M.D., a board-certified ob/gyn in Santa Monica, CA*

Stop focusing on yourself

"I had a close friend who was going through a really tough time economically and couldn't find a good job. I suggested she find a place to volunteer where she could use her professional skills and focus on something positive. Volunteering is terrific for mental health: Research shows it can reduce depression and increase life satisfaction. It's easy to get caught up in the size of our house or the car we drive, and volunteering balances all that out—it makes us grateful for what we have, which is so important. And in my friend's case, it *really* turned out well. She loved the volunteer work, her skills were valued, and she ended up being offered a perfect job with benefits at that very charity." —*Tausig-Edwards*

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APRIL'S SUPERFOOD

Asparagus

This spring veggie will make your belly happy in more ways than one: It's delicious but also loaded with prebiotics, compounds that promote the growth of good bacteria in your gut, says registered dietitian nutritionist Jackie Newgent, author of *The With or Without Meat Cookbook*. And while green, white, and purple asparagus taste relatively the same—and are all good sources of vitamins A and C—the violet-hued spears pack extra antioxidants that may help keep your cholesterol and blood pressure in check. Any of them will shine in these simple recipes.

As an elegant side Toss trimmed asparagus spears with olive oil and salt to taste. Roast on a baking sheet at 450°F for 8 to 10 minutes, until tender; top with a grated hard-boiled egg before serving.

In a speedy stir-fry Sauté trimmed, chopped asparagus with chopped snow peas in refined sesame oil over medium-high heat until crisp-tender, 3 to 5 minutes. Toss with soy sauce and toasted sesame seeds; serve warm.

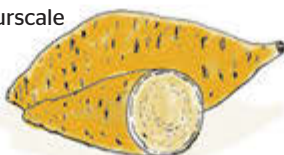
Shaved, in a salad With a vegetable peeler, shave trimmed asparagus spears and peeled carrots into long ribbons. Toss with olive oil, lemon juice, and salt and pepper to taste. Garnish with toasted almonds. —Marygrace Taylor

WHAT TO EAT ON DATE NIGHT You deserve to have the sweet, relaxed evening you've been craving. And you'll get it with these delicious dinner picks. More energy, less bloat? We're in love.

As an entrée: steak Beef's hefty dose of zinc increases levels of the hormone testosterone, which helps put you *both* in the mood. (It also contains the amino acid L-arginine, which stimulates blood flow—basically, nature's Viagra.) To get your fill without the food coma, keep it light with four ounces of a leaner cut, like sirloin or tenderloin.




On the side: sweet potatoes Their complex carbs cue your brain to make happy-making serotonin. And because they won't raise your blood sugar as much as white potatoes or a fluffy roll, your newfound energy will last long after dinner, says registered dietitian nutritionist Ellen Albertson, Ph.D., founder of smashyourscale.com and coauthor of *Food as Foreplay*.



For dessert: dark chocolate sorbet That stuffed-to-the-gills feeling? *Blech*. Dark chocolate sorbet is light and rich in phenylethylamine, a chemical that's thought to produce the same feelings we get when we're falling for someone. If it's topped with fresh mint leaves (which boost digestion and prevent bloat), all the sexier. —M.T.





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Pack an awesome lunch

A bento box is the most fun way to portion-control your meal, especially with these un-boring ideas from Hungry Girl Lisa Lillien.

SPICY MANGO: Mix fresh or frozen mango cubes—about 1 cup—with ½ tsp lime juice and 2 dashes cayenne pepper. *101 cal, 0.5 g fat (<0.5 g sat fat), 1.5 g pro, 26 g car, 2.5 g fiber*

KALE SALAD: The trick here: Massage kale with oil or dressing to make it tender. I like to toss 2 cups chopped raw kale with 1 Tbsp low-fat sesame-ginger dressing. *55 cal, 1 g fat (0 g sat fat), 2.5 g pro, 9.5 g car, 2 g fiber*

I love a lunchbox that has little compartments (a.k.a. a bento box) because I can bring a variety of yummy things to eat—and that's such a great way to feel satisfied. And it keeps me from overdoing it!

CHILLED SHRIMP WITH SRIRACHA:

Give classic shrimp cocktail a kicky update. Pack 5 oz large ready-to-eat shrimp with 1 Tbsp sriracha sauce for dipping. *165 cal, 2 g fat (0.5 g sat fat), 33 g pro, 2.5 g car, 0 g fiber*

+ MORE PROTEIN PICKS

BBQ chicken: Shred or chop 4 oz cooked skinless chicken breast; combine it with 2 Tbsp BBQ sauce. This is fantastic cold or nuked in the office microwave. *181 cal, 2 g fat (0.5 g sat fat), 29 g pro, 10.5 g car, 0 g fiber*

Sweet 'n' savory tuna salad: Drain and flake 4 oz albacore tuna packed in water. Stir in 2 Tbsp diced apple, 1 Tbsp fat-free plain Greek yogurt, 2 tsp creamy Dijon mustard, and 1 tsp sweet relish. A step up from the basic! *148 cal, 1.5 g fat (0.5 g sat fat), 26.5 g pro, 5 g car, 0.5 g fiber*

+ VEGGIE ALTERNATIVES

Sunomono: Toss 1 cup sliced cucumbers, 1 cup sliced red bell pepper, 1 Tbsp seasoned rice vinegar, and ½ tsp sesame seeds. It gets even more flavorful as it marinates. *70 cal, 1 g fat (0 g sat fat), 2 g pro, 15 g car, 2.5 g fiber*

Peanutty snap peas: I love how easy this is. Toss 2 cups raw sugar snap peas with 2 Tbsp low-fat Thai peanut salad dressing or sauce. (Or, steam and chill the peas first.) *113 cal, 3 g fat (0 g sat fat), 4.5 g pro, 15.5 g car, 4.5 g fiber*

+ HEALTHY CARB IDEAS

Creamy fruit salad: Combine ½ cup each grapes and strawberries with ¼ cup fat-free vanilla Greek yogurt. It's a fruity way to get carbs, with a protein boost. *122 cal, <0.5 g fat (0 g sat fat), 6 g pro, 25 g car, 2.5 g fiber*

Southwest-style black beans:

Mix ½ cup drained and rinsed canned black beans with 2 Tbsp each salsa and sweet corn kernels. Zesty yumminess, hot or cold. *130 cal, 0.5 g fat (0 g sat fat), 7.5 g pro, 6 g fiber, 25 g car*



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HEARST *editions*

BUSY WOMAN'S FITNESS

Get fit watching the tube

Exercise while saying “Ciao, babe” to *Mad Men*! This move from Angeles Burke, a certified group fitness instructor and bodybuilder in Tampa, FL, works your core and your quads, without you ever leaving your couch.



STEP 1 Sit on the edge of the couch and lean back onto your elbows, hinging at the hips. Stretch your legs toward the floor in front of you, with your knees straight, toes pointed, and heels about six inches from the ground.

STEP 2 Pull your belly button toward your spine and, moving from your hips, kick your feet up and down. Focus on small, controlled, quick movements. (To make it easier, you can bend your knees so they're at a 45-degree angle.) Count to 25 (that's roughly two Draper affairs), rest, and repeat three times.

TOUGH LOVE FROM A TRAINER

What's the best way to target back fat? It's so *annoying*.

We were hoping for a magic move from celebrity trainer Brett Hoebel, author of *The 20-Minute Body*. Instead, we got a reality check.

Hoebel: Listen. That's not possible. What you *can* do is lose fat all over and also work to build muscle in your back. But isolated back moves aren't intense enough to burn a lot of fat. If anyone tells you that, they're wrong.

REDBOOK: So then what's the easiest—I mean, *best*—way to burn fat?
BH: Stop eating crap, and do interval training four times a week. I like to do one cardio exercise (think: jumping jacks), two strength moves (lunges, push-ups), and a core move (plank) for a minute each, with a minute break, four times over. You can do strength moves that target your

back—maybe a superman, where you lie on your stomach and lift your arms and legs off the floor. By round three or four, you'll really be feeling it.
RB: And by that, do you mean feeling it enough that I'll wish I never asked?
BH: It's not going to kill you! I know that if it's too tough too early, people quit. This is gradual, but it'll get you the results you want.

10 signs you should dump your M.D.

The relationship you have with your doctor is one of the most important in your life. Here's how to know if the one you're seeing is good enough for you.

BY LIZ KRIEGER

1 HE DOESN'T VALUE YOUR TIME
Waiting is sort of inevitable—on average, patients sit in the reception area for 21 minutes before their name is called—but you shouldn't feel like you might *actually* waste away before you see a

doctor. “If it happens often, it could be a sign that the office is poorly managed or that your M.D. is overbooking herself,” says Marni Nicholas, M.D., an internist at Beacon International Medicine in Portsmouth, NH. It's a strategy some use to keep up with the financial realities of running a practice (remember, it is a business). But even so, you deserve an apology when your doctor finally makes it to the exam room, Nicholas says. If you get *nada* after cooling your heels for a frustratingly long time, it might be time to move on.

2 SHE NEVER CALLS WHEN SHE SAYS SHE WILL
It doesn't matter whether your doctor communicates good test results by email and abnormal ones by phone, or if she only reaches out to patients when something's up—as long as she makes her policy clear at the outset and follows through. “A breakdown in communication is one of the main reasons people tell me they switch



practices,” says Nieca Goldberg, M.D., medical director of the Joan H. Tisch Center for Women's Health at NYU Langone Medical Center in New York City. And when you do receive results, you shouldn't be expected to decipher them on your own. “It's the doctor's responsibility to explain them in a way that you can understand,” she says.

3 HE MAKES YOU FEEL LIKE YOU'RE THE CRAZY ONE
“Hysteria” was once a catchall diagnosis handed out to ladies whose symptoms couldn't be explained (horrible!). And, sadly, “there are still doctors out there who will take your complaints less seriously simply because you're a woman,” Nicholas says. Don't stand for it: You should be able to talk about *anything*—fatigue, mood swings, that nagging pain in your side—without being made to feel like your questions are stupid or that your symptoms are all in your head, says Susan Blum, M.D., of Rye Brook, NY, who practices



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functional medicine, a specialty that focuses on treating the underlying causes of disease.

4 **SHE DOESN'T CARE IF THE SEX IS GOOD FOR YOU**

Research shows that only 63 percent of ob/gyns routinely ask their patients about what's going on in the bedroom, and far fewer (29 percent) ask if they're satisfied with their sex life. It can be a tough conversation on both sides, but your M.D. should know that it matters. "Pain during sex is a red flag for conditions like fibroids and endometriosis, while low libido may be linked to depression," says study author Stacy Tessler Lindau, M.D., an associate professor of obstetrics/gynecology at the University of Chicago. And anyway, you deserve to have great sex.

5 **HE CUTS YOUR DATES SHORT TO SEE SOMEONE ELSE**

At a standard appointment, you should have your doctor's undivided attention for 20 to 25 minutes before he rushes off to see another patient or take a phone call, Blum says. (No texting, either!) Anything less than that isn't enough time to address all of your concerns and leave room for questions. If you feel constantly shortchanged, see someone who has more time for you.

6 **YOU HAVE NEEDS THAT SHE CAN'T MEET**

"If you've seen your doctor twice about the same thing and she still doesn't have anything meaningful to offer you, find someone else," Blum says. Yes, it's true that some symptoms, like headaches, dizziness, or a period that's all over the place, are difficult to diagnose since they can be caused by a number of things. But your doctor should be committed to finding a solution, whether that means referring you to a specialist or even considering supplements or other forms of healing, if that interests you. She needs to work at it if you're going to stick around.

“The doctor you were happy with at 22 might not be right for you now.”

7 **HIS FRIENDS ARE THE WORST**

Bottom line: A doc's staff is a reflection of him. They should treat you with the same respect you do them. Don't put up with anything less.


8 **IT FEELS LIKE SHE NEVER LISTENS TO YOU**

There's nothing worse than being talked over, and unfortunately, it's a bad habit for many doctors. On average, M.D.'s cut patients off within 23 seconds of asking what brought them in, research shows. And patients are only able to voice all of their concerns about 25 percent of the time. "It can be hard for us to let you finish," Goldberg admits. "We're already thinking about what your symptoms might mean." But you need a doctor who will hear you out, so bring a list of questions next time. "Say that you'd like to cover those first," Blum says, and see what happens.

9 **HE ALWAYS HAS TO BE RIGHT**

Guess what? It's your body, and that means you should be able to question any medication or test your doctor recommends (Are there any side effects? What is this test looking for? What does it involve?) without being thrown serious shade. "Explain that you're concerned and you want to be prepared," Goldberg says. And if you think it's worth getting a second opinion? "You should be able to ask for a referral, too, without your doc getting defensive," Blum says.

10 **YOU'RE NOT THE SAME PEOPLE ANYMORE**

The doctor you were happy with at 22, when you only needed to be seen for a birth control refill, may be different from the one you want to work with in your 30s. As women age, they often start to think about their health in a broader sense, which might lead them to integrative medicine—a combination of conventional medicine and other therapies, like proper nutrition and acupuncture, Blum says. Others who are done having kids switch from an OB to a gynecologist who's more experienced in perimenopause, menopause, and cancer prevention, she adds. "Your needs change, and that's okay." 

A Pill That Can Reshape Your Entire Body In 30 Days?

by Tiffany Strobel

As incredible as it sounds, groundbreaking research has just identified a compound that can not only help you lose weight, but can actually reshape your entire body, reducing waist size, hip size, thigh and buttock circumference, belly bulge, and... last but not least... cause a significant loss of actual fat mass from all over your body. Has the “miracle pill” finally arrived?



It doesn't happen very often, but every once in a great while a new weight-loss product comes along that really gets me excited. And, the fact that I get to tell you about it before *The Doctors* and *QVC* feature it on their shows

a smaller insulin increase compared to placebo. Additionally, with respect to time, researchers observed a significant effect on the hunger hormone ghrelin as well as on satiety and desire to eat. The end result was that the specialized

“It's sort of like eating a whole donut, but only absorbing a fraction of the calories...”



is “icing on the cake!” The product is called Vysera-CLS, and, unlike your run-of-the-mill “diet pill” that merely helps you lose weight (while following a strict low-calorie diet), Vysera can actually reshape your entire body... dropping inch upon inch of unsightly fat from your waist, hips, thighs and tummy... even if you're eating more than 2,000 calories a day! Some people are calling it a “miracle pill.” However, this “miracle pill” is backed by serious clinical research published in the highly respected *British Journal of Nutrition*.

The Power to Reshape Your Entire Body

While you and I only care about results (and the results are incredible), the scientists I've spoken to are even more excited about how this compound works.

So here we go. In a randomized, double-blind, placebo-controlled clinical trial, study subjects took the compound along with their main meal of the day. Thirty minutes later, they had a significantly lower percentage of blood glucose increment from baseline, a smaller increase in C-peptide and, forty-five to one hundred twenty minutes after they ate, subjects also experienced

compound was shown to cause a significant reduction in body weight, fat mass, BMI, adipose tissue thickness, and waist/hip/thigh circumference while maintaining lean body mass.

So Here It Is In Plain English:

People who took this incredible compound not only lost weight, but lost a significant amount of squishy, flabby, unattractive body fat from those hard-to-target places we all hate: our hips, thighs and butt. It also caused a significant reduction in the amount of fat around the waist (yes, that means you can start saying goodbye to your love handles), helping study subjects achieve that tight, sexy, firm figure we all dream of. And the best part? The compound did all this on 2,000 to 2,200 calories a day! In other words, without requiring anybody to follow a low-calorie diet or work out for hours every day! Think of it this way... it's sort of like eating a whole donut, but only absorbing a fraction of the calories. How's that for amazing? (Of course, we don't advocate eating a donut as a meal, and this example is used for illustrative purposes only.)

Where Can You Get It?

A company here in the USA has acquired the patented compound and added a proprietary

mood-elevating, feel-good energy component to help eliminate diet fatigue and get you through the day with a smile on your face (another added benefit). This unique formula has been exclusively licensed to Bremenn Clinical under the trade name Vysera-CLS. And trust me on this... once you start taking it and see how quickly it transforms your entire body, you'll be a believer, too.

So What's The Catch?

It seems there's always a catch with “diet” pills... so what's the catch with Vysera? The price. A full 30-day supply of Vysera will cost you about \$100... in other words, don't go looking for it at your local Walmart. Vysera-CLS is currently available at all Ulta stores, Kohl's, and GNC. Over the next few months, it will be available on a limited basis at prestige retailers across the U.S. Having a hard time finding Vysera-CLS? Can't wait? You can order it directly from Vysera by calling 1-800-631-7846 or visit their website at VyseraCLS.com. Use promo code VYSERA163 at checkout and shipping is free!†

Tiffany Strobel is an author, columnist, and beauty editor for MyFreeDiet.com

Featured Product



5 boosts for your body and your mind

We'll let you have a bagel every day for the rest of your life if you promise never to smoke. Deal?



BREAK FREE FROM STRESS EATING

There's a reason you want *doughnnuuuts* when you're buried in work: "From birth, we find comfort in food," says registered dietitian nutritionist Beth Reardon, coauthor of the new book *The Mindful Diet*. But those emotional cravings don't have to derail you. Keep healthy snacks at your desk, in the car—wherever you feel most anxious. And before you hit the vending machine, "ask yourself what's really going on," Reardon says. A tiny bit of self-awareness makes all the difference.



Cut yourself off

Having one too many drinks might make you sick, and not the way you think: The immune system becomes less active after a binge, research finds. (For women, that's four drinks over two hours.) "Alcohol either directly alters the function of white blood cells or indirectly does so by creating a stress response that lowers immunity," says Elizabeth Kovacs, Ph.D., director of the alcohol research program at Loyola University in Chicago. So have a glass of bubbly—just leave the bottle.



MAKE FRIENDS WITH THE SCALE

It might be the key to keeping your weight in check. A Finnish study showed that people who avoid the scale actually *put on* pounds. "Weighing yourself frequently makes you more conscious of your behavior," says lead author Elina Helander, Ph.D. So step on the scale at least once a week—say, Wednesday, when your weight is more balanced, according to research. That's opposed to Sunday or Monday, when people are at their heaviest from what we can only assume is weekend brunch.

28

That's the number of grams in one serving of whole grains—and they could save your life.

Your risk of dying, particularly of heart disease, decreases with each serving of whole grains you eat, a Harvard study shows, up to four a day. Better news: Half a whole-wheat bagel counts as a serving. The secret is nutrient-rich bran, which is removed when whole grains are processed into refined carbs.

QUIT SMOKING (FOR REAL THIS TIME)

If you've tried to put down that cigarette again and again only to cave to cravings, consider this: A pilot study suggests that women might crave nicotine more right after their period and less after ovulation. The link between the brain and the menstrual cycle is unclear, but hey—anything that could help you kick the habit for good is worth a shot.

Sweet raisins and tart cranberries.

Together at last.

I love redheads

Stop, I'm blushing



New Kellogg's Raisin Bran® with Cranberries.

The tongue-teasing taste of tart and sweet, plus an excellent source of fiber and Antioxidant Vitamin E.



Scientific evidence suggests, but does not prove, that eating 1.5 ounces per day of most nuts, such as almonds, as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease. A one-ounce handful has 13g of unsaturated fat and only 1g of saturated fat.

THE CRUNCH THAT KEEPS YOU IN THE GAME

There's extended playtime in the crunch of almonds.

Not to mention 6g of energy-giving protein, 4g of hunger-slaying fiber and essential nutrients in every heart-healthy, one-ounce handful.

Learn more at **Almonds.com**.

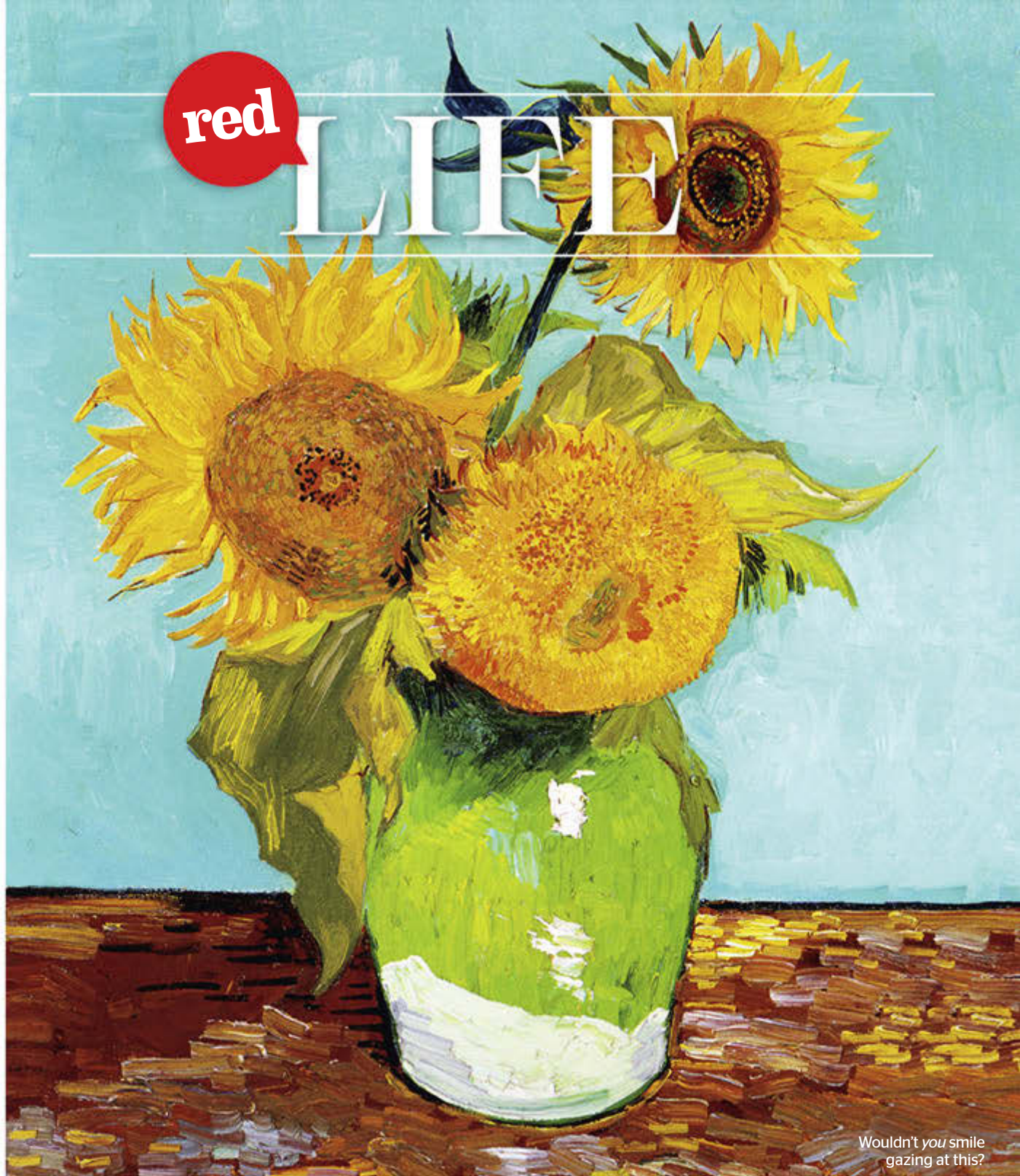


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 **california
almonds[®]**
CRUNCH ON

red

LIFE



Wouldn't *you* smile
gazing at this?

Purchase more joy for yourself

You need more art on your walls—and it doesn't have to be fancy or expensive. Research shows that the sheer act of looking at a painting (or a poster!) you love lights up one of the pleasure centers in your brain. “The more beautiful something is to you, the more intense the activity,” says Semir Zeki, a professor of neuroaesthetics at University College London. That's not home decor, it's an investment in you.



Turn the page for our money special, with more ways to live a big life on your budget.

BLADDER LEAKS CAN FEEL LIKE NO BIG DEAL.

(so go ahead, dance like you mean it)

Our pads
are drier
than Poise
pads!



liners • pads • underwear

Get dance-all-you-want bladder leak protection—Always Discreet for sensitive bladders. Our pads are up to **40% thinner*** for incredible comfort and **absorb 2x more than you may need**, plus *our* pads are drier than Poise pads.** Because hey, pee happens. For **coupons and to learn more**, go to alwaydiscreet.com.

Always Discreet. So bladder leaks can feel like no big deal.

*vs. Poise, **based on average U.S. consumer usage. Poise is a trademark of Kimberly-Clark Worldwide.

Grow your money like magic

Who says saving is hard? Okay, lots of people. But not *you* after you try some of these clever tricks: They'll make your bank balance bloom.

BY LISA FREEDMAN PHOTOGRAPHED BY ADAM VOORHES

1 Save an extra dollar every week

If you can count to 52, you can end up with \$1,378 by the end of the year. It's not some crazy new math, it's the 52-week challenge, an idea that floated around Facebook until Kassondra Perry-Moreland of Union City, CA, gave the challenge its own page in 2013. Just 72 hours after she did, more than 1,000 savers had joined her. (She's up to nearly 10,000 members now.) Here's how it works: You put away a slowly increasing amount of money each week for one year. The first week, it's \$1. The next week it's \$2, the third week it's \$3—and the last week it's \$52. It all adds up to more than a grand by the end of the year, if you stick with it. Of course, everyone feels pretty destitute by December 24, so if you're worried about piling on your holiday-time expenses, Crystal Paine, the founder of money savingmom.com, suggests doing the plan in reverse and starting with \$52. "That way, it gets *easier* as the year goes on," she says.

» **"IT WORKED FOR ME!"** "The 52-week challenge feels more like a game than a savings plan," says Courtney Lutkus, 30, from Brea, CA, who did it successfully in 2014 and is well on her way to another \$1,378 this year. She does admit, though, that it gets harder as the weeks go by (it's not called a "challenge" for nothing). Last year, at week 42, she had a hard time coming up with the cash because of bills and holiday shopping. Instead of skipping it, she gave herself an extension and put the \$42 away a few days late. "I couldn't bear missing a deposit because I'd already come so far," she says. Setting aside money has become a habit for her now—and that's worth as least as much as the cash.

2 Hoard your fives

These days, five bucks can't buy you all that much—besides maybe a Subway sandwich *without* chips—so it's all too easy to blow through it after breaking a twenty. But those dollars can add up to a nice little nest egg if you follow this one-step plan: At the end of each day, put any \$5 bill in your wallet into an envelope before you can spend it. "People undervalue small bills," notes savings expert Andrea Woroch. We only think of bigger bills as our hard-earned money, but those five-spots will add up, she promises. If you really can't spare the fives, see if you can do it with your singles. While you're at it, don't be so quick to take out twenties at the ATM—instead, ask a



Schedule a payment
The Bank of You is open.

teller for bigger bills. You'll be less likely to break them for stuff you don't really need.

» **"IT WORKED FOR ME!"** Sonja Fisher, 45, of Santa Clarita, CA, has been tucking away her \$5 bills to pay for a girls' vacation, averaging \$20 to \$35 a week. "I make sure I always have cash on me so I have a greater chance of getting a five as change," she says. "I get so excited when I do!" Fisher knows she'd spend the bills on forgettable stuff otherwise. "Even though I've earned each one, my envelope full of cash feels like found money, so I won't have any guilt about using it on the trip."

3 Pay yourself for scoring a deal

You know that rush you get when you find something you love on sale? Here's a way to make it even better: Put the difference between the full price and the sale price into savings. "Savings isn't really savings until it's in your pocket," says Gail Cunningham, chief spokesperson for the National Foundation for Credit Counseling. If a \$40 sweater is marked down to \$30, go for it—but transfer the \$10 into savings *pronto*. Paine points out that sales are a way for retailers to trick us into buying something we hadn't planned on. The beauty of this strategy is that it also makes you stop and think before shelling out. If it sounds hard, take heart: You don't have to pass on a super bargain just because you can't afford the giant difference. If you find a \$300 designer dress (that you'll really wear!) for \$70, round down the "full price" of the dress to a doable number, say, \$100, and

cough up \$30 for your savings. It's about being mindful of your spending—and realizing the importance of paying yourself.

» **"IT WORKED FOR ME!"** For four years, Lisa Sims, 40, of Conyers, GA, has been using this technique to fill up a rainy-day account, which she's used for medical bills and surprise home expenses. She holds herself to it when she buys food and clothing, and for online purchases. "My savings vary from \$25 to \$80," she says. "My husband does it too! In a year, we put aside between \$1,500 and \$2,500." After shopping, they scan their receipts and add up the savings, then make one transfer on a weekly basis. Every once in a while, instead of moving all the money, they steal up to \$40 for a fun outing, like a family movie night. And that's perfectly fine: It helps them stay motivated.

4 Give in to a little peer pressure

You're more likely to stick to your savings plan if you have a friend checking in on you, says Paine. And that goes for any goal; research shows that those who diet or exercise with a partner are more likely to be successful. "Having an accountability buddy will motivate you when you don't want to stick with it," she says. The first step: Set a goal that feels achievable. (If you cringe at your phone bill every month, vow to do something about it.) Step two: "Choose a buddy who will hold your feet to the fire," says Paine. You know the friend who tells you when your haircut isn't so great? That's the one to recruit. Your partner should also have her own goal that you can help with. Check in regularly with texts. If you resist the urge to buy another throw pillow, brag to her about your super willpower.

Can't find the right buddy? Determined savers can try stickk.com, where you can set a custom savings goal with a deadline. But beware: The site allows you to set a financial stake, so if you fail to meet your goal in time, your card will be charged that amount and sent to a recipient or charity of your choice. Ouch! But also: Nice!

» **"IT WORKED FOR ME!"** When Tasha Kornegay, 41, of Apex, NC, called her savings buddy about a cooking class she was dying to take—that cost \$300—the other end of the line went dead quiet. The silence was a bit of disapproval, sure, but it was also because her pal was scouring the Web for a discount. "She sent me the coupon and said, 'If you want it that badly, at least use this. Just do *not* dip into your savings.'" That was the kind of support and tough love Kornegay needed to pass on the class. "She helped me see that I was acting impulsively. She's the money-saving angel on my shoulder. Now putting away money feels like a team effort."



Txt2Save
Messaging a buddy can keep cash in the bank.



Move that money!
If your checking balance stays low, you're likely to spend less.

5 Skim off the top

You've heard of minimum account balances, but here's a money-saving twist on that same idea: Set a maximum, with the goal to send any additional funds straight to savings. Pick an amount that's slightly higher than your typical monthly bills, and if your balance pops over the number, save the difference. Otherwise, you'll see a big balance and be tempted to use it. To stay on track, Woroch suggests making that transferred cash hard to access. If a savings withdrawal requires you to drive to a faraway bank, that barrier may work better than self-control. Meir Statman, Ph.D., a professor of finance at Santa Clara University in Santa Clara, CA, likens it to a diet: "It's better to skip dessert, rather than ordering the cake and pledging that you'll only have half." » **"IT WORKED FOR ME!"** Emily Hawkins, 30, of New York City, never keeps more than \$1,200 in her checking account. "There are some weeks when my entire paycheck goes into my savings because my checking balance is already at \$1,200. On other weeks I need to refill my checking and pay bills," she says. If she had \$2,500 in her checking account, she knows she'd see that "extra" \$1,300 as spending money. "I'm removing temptation from the equation," she says.

6 Live like you didn't get a raise

Did you get a raise at work? Congrats! Now pretend like it never happened. The total raise amount—say, \$5,000—might be a lot, but after taxes and broken up over the course of many paychecks, you might end up with less than \$100 extra per week, and that's *way* too easy to spend. Celebrate by spending the first week's extra cash, but then set up an automatic debit so the rest of the raise goes directly into savings. "If you don't see that new money, you can't spend it," says Woroch. If a raise isn't in the cards, don't worry; you can still find built-in money in your salary. Most full-time employees get paid 26 times a year, so some months you'll get paid three times instead of two. Treat the third paycheck like a bonus and set it aside. » **"IT WORKED FOR ME!"** Anytime Channon Dade, 41, from Houston, gets a raise, she increases her 401(k) contribution by the same amount. "I always think I can use the money—working part-time for an hourly rate, my raises are a few dollars—but I remind myself how fun it is to watch my retirement account grow," she says. So far she's saved an extra \$14,000, a figure that's increasing through smart investing. She says, "Knowing I'll have enough to retire helps me sleep better at night." ®

Zero debt: You

These women faced more than \$100,000 in debt pay it all off. Follow their lead—the peace

LESLI GRESHOLDT

Oswego, IL

AGE: 36

JOB: photographer and manager of a baby photography service

FAMILY: married to Mark; two kids, ages 6 and 3

After five years of marriage, **money fights were taking a toll on Lesli and Mark's relationship.** To turn things around, Mark signed up for Dave Ramsey's Financial Peace University (FPU) class at their church. "We thought we had an income problem, but we just needed to plan our expenses better," Lesli realized. The couple decided to focus on non-mortgage debt: payments on a new car, outstanding medical bills from when their son was a baby, and a loan from Lesli's dad.

ROCK BOTTOM: \$32,000 in debt

The couple paid for Christmas gifts in cash with a bonus from Mark's job. They also withdrew all but \$1,000 of their savings to **pay off the hospital bill**—a standard FPU strategy. "It was scary to have so little in savings, but I wanted to pay off the debt as quickly as possible."

DEBT: \$28,000

WENDY AYER

Kirkland, WA

AGE: 34

JOB: stylist and associate director for an accessories company

FAMILY: three kids, age 7 and 3-year-old twins

When their twins were babies, Wendy and her husband got a **\$10,000 loan from her dad for a minivan.** But they were already deep in the hole: Three years before, she'd borrowed money from her mom to put toward credit card debt, and she still had a \$2,500 balance on a store card. "In my 20s, I treated my credit card like play money," she admits. Even though her parents are happily married, Dad didn't know about Mom's loan. "I was afraid of disappointing him, and my mom thought we should tell him when I was debt-free."

ROCK BOTTOM: \$26,500 in debt

Wendy **cut up paid-off cards,** but the couple made slow progress on other debts. She quit a nanny job but couldn't find replacement work—until she got creative and took every odd job she could find, like organizing, house-sitting, and event planning.

DEBT: \$24,500

TANYA WILLIAMS

New York City

AGE: 42

JOB: administrator at a seminary

FAMILY: single

A difficult breakup prompted Tanya, then **finishing her doctorate in education,** to take stock of her life. "There was a giant wave of debt rolling over me. I realized I could no longer keep my head in the sand about it," she says. In addition to student loan payments, which she missed a handful of times, Tanya had two almost-maxed-out credit cards.

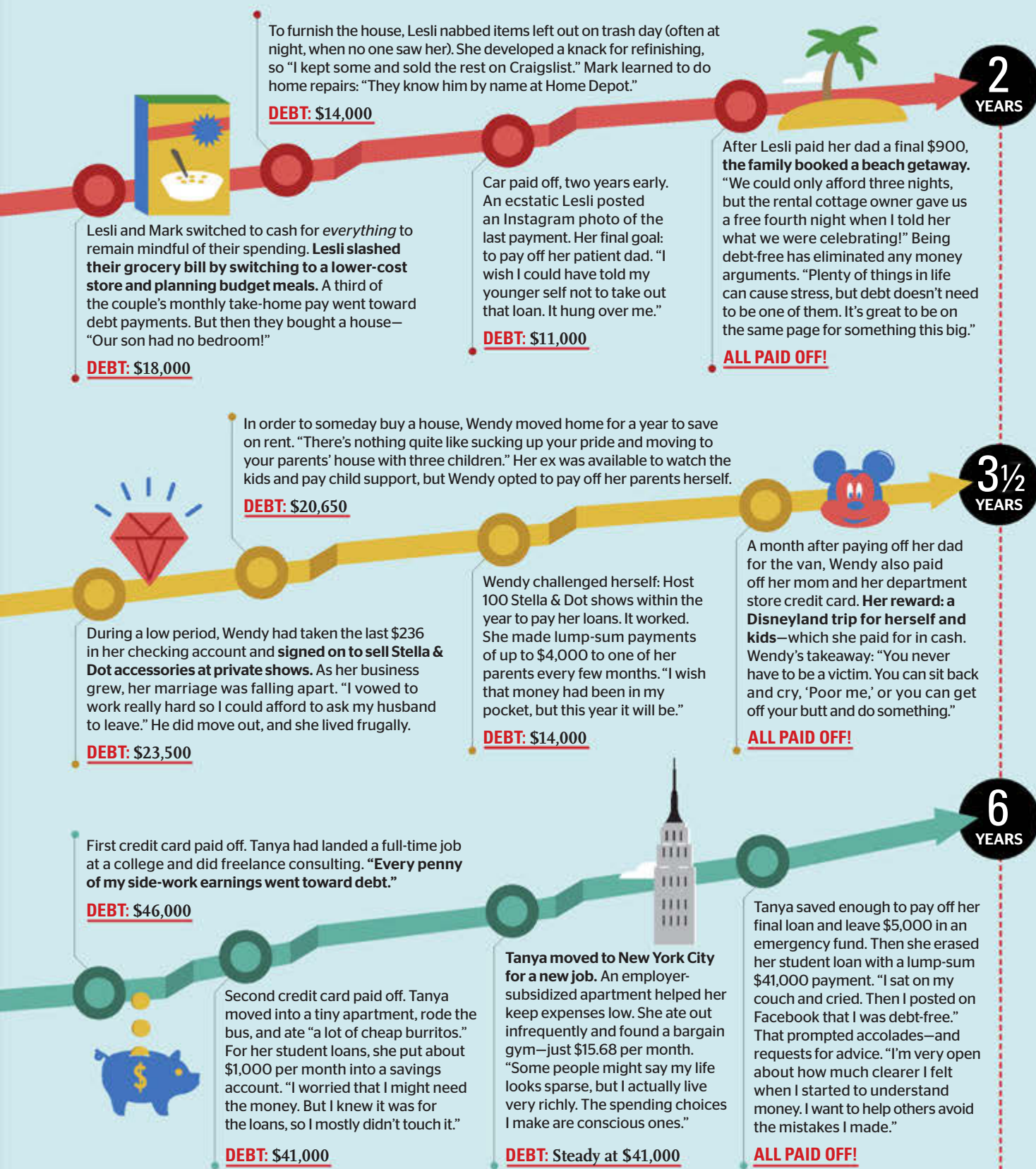
ROCK BOTTOM: \$56,000 in debt

Tanya started using You Need a Budget, an electronic budgeting program. She learned to plan every penny of her expenses in advance. She also listened to Suze Orman's podcasts and read library books about money management. "I'd never learned how credit and interest work. And I did a lot of keeping up with the Joneses... until I realized I'm a Williams!"

DEBT: \$52,000

can do this!

but found ordinary, everyday ways to
of mind is priceless. BY TERI CETTINA





Your mood affects your money.

Train your brain to be smart about spending

You can have a budget (or at least swear you know better) and still fall prey to a sudden, overwhelming need to buy something. Know this to outwit those splurge triggers for good.

BY SANDY M. FERNÁNDEZ

In the last few months of the worst job I ever had, I developed a routine for the end of every bummed-out day: I'd slump into a seat on the commuter train, open up my laptop, and start buying things I didn't really need. I probably outfitted myself in an entirely new wardrobe before I finally, inevitably, quit the job. Which, of course, would have been easier if I'd been banking that money instead of spending it.

Job misery is a common wallet-opening "splurge trigger," a feeling or situation that makes us more likely to shell out for random stuff. Because let's be honest: Money is a cold, hard fact of life, but it's also one of the most emotional things any of us have going

on. That's why even the best budgeters have triggers, experts say, and it's crucial to know what sets you on a spending bender. "Otherwise, we're buying things we haven't thought through: things we can't afford, things we don't need, often things we don't even really like," says psychologist April Benson, Ph.D., author of *To Buy or Not to Buy: Why We Overshop and How to Stop*. That kind of purchasing isn't making our lives happier—so it's valuable, in every sense, to rethink the emotional reasons we spend.

The stress factor

I'm pretty sure my old job would have driven anyone to the edge. But even if

you like yours fine, chances are you feel wrung out at least sometimes, given the approximately 31 hours' worth of responsibilities most of us seem to have each day. From there it's a straight line to a "feel better" purchase. "Frankly, I see this mostly with women," says Golden Gate University consumer psychologist Kit Yarrow. "It's someone who gives and gives and gives and gives, is overburdened and overworked and underappreciated, and they think, *Where's mine?* So they treat themselves to something tangible to make up for the intangibles."

The truth is, a recent study found that you *will* feel better if you buy something, but in most cases the joy lasts only for a hot minute. Researchers think it's because buying lends us a much-needed sense of control. But there are better ways.

“Sometime when you’re in a good mood, make a Pinterest board or write out some little things that fit in your budget and bring you joy—like giving yourself a home spa treatment,” says Sandra Hanna, CEO of the money advice company Smart Cookies. Then, when you’re stressed, “you can look at your board or list and get yourself something,” she says. “You might spend \$20 at the drugstore, but it’s better than hitting the mall and spending \$200.”

Another way stress affects your spending is, ironically and annoyingly, when you’re trying hard to be careful. As all of us who’ve subsisted on ramen know, fiscal sainthood is very trying. “When I got my first job, I had this dream of saving up enough to travel, so I tried to keep living on the same tiny amount I had as a college student,” says Paula Pant, author of the *Afford Anything* blog. “It was a lot of scrimping. A lot of saying no. Then one day, finally, I was just fed up with living hand-to-mouth. I bought a cute halter-top dress and spent about half my monthly food budget on drinks and dinner in one evening!”

Those sorts of buying outbursts are early warning signals that your budget is a little too tight, says Hanna. “Saving money is like going on a diet. Yes, you can lose weight by just eating carrots, but it’s unhealthy, and eventually you’re going to snap and eat a jumbo bag of chips,” she says. “Keep focusing on your goals—paying down debt, saving up—but leave yourself a little bit of room for your sanity.” Do that by taking another look at your lean budget: Is there even \$15 you can spend on yourself? Pant found that in her life, “loosening the reins a little”—letting herself buy a nice shower curtain, beautiful tumblers for her kitchen, and bras at a Victoria’s Secret sale instead of at Walmart—was enough of a release to keep her moving toward her larger financial goals.

A spending high

For some of us, mindless spending isn’t about feeling blue—it happens when life is going our way. Every year when tax filers are surveyed, they piously proclaim that they’ll use their rebate to pay off debt or pad savings. But spending actually *increases* about 14 percent in the couple of months after a tax check arrives, according to an analysis from MIT’s Sloane School of Business. “What’s right in front of us to buy is very tempting, while what we could do with that money another day is difficult to imagine,” explains Dan Ariely, a behavioral economist at Duke University and the author of *Predictably Irrational: The Hidden Forces That Shape Our Decisions*. “It’s exciting to get a big sum of money, so you need what you do with it to feel just as exciting,” says Pant. “Think of some huge accomplishment—maxing

out your 401(k) this year or making an extra payment on your mortgage—and dedicate the windfall to it. Make it feel like dunking a basketball rather than just, ‘Okay, I did the right thing.’”

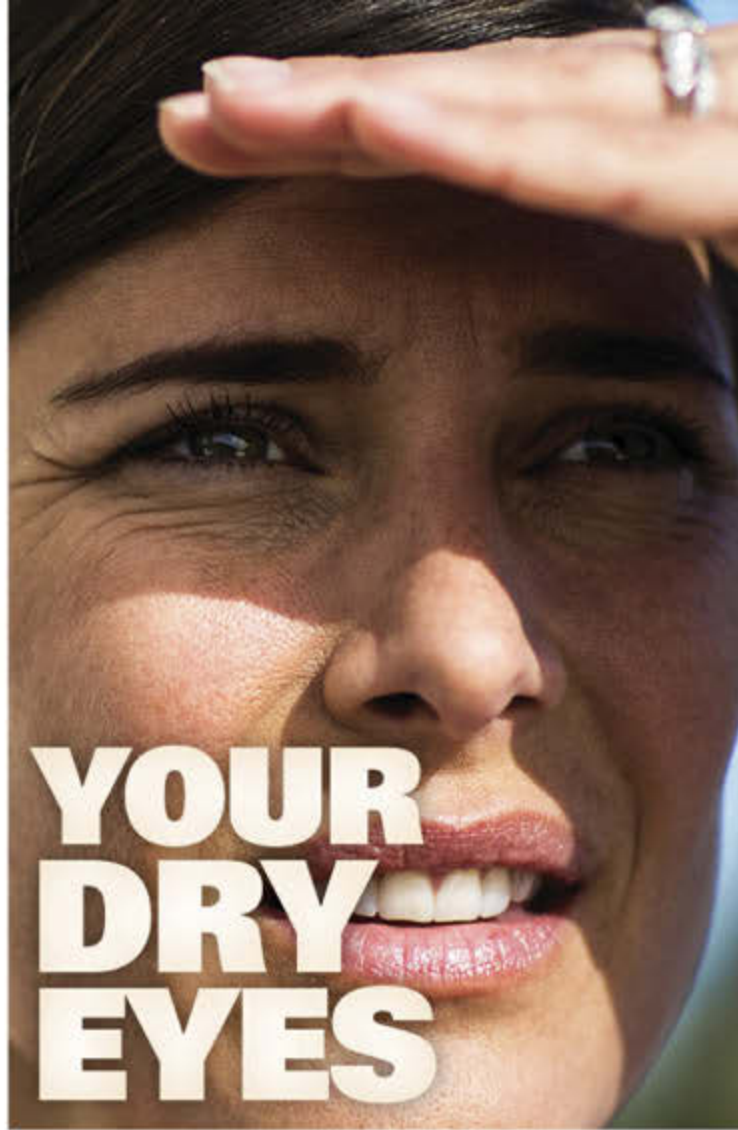
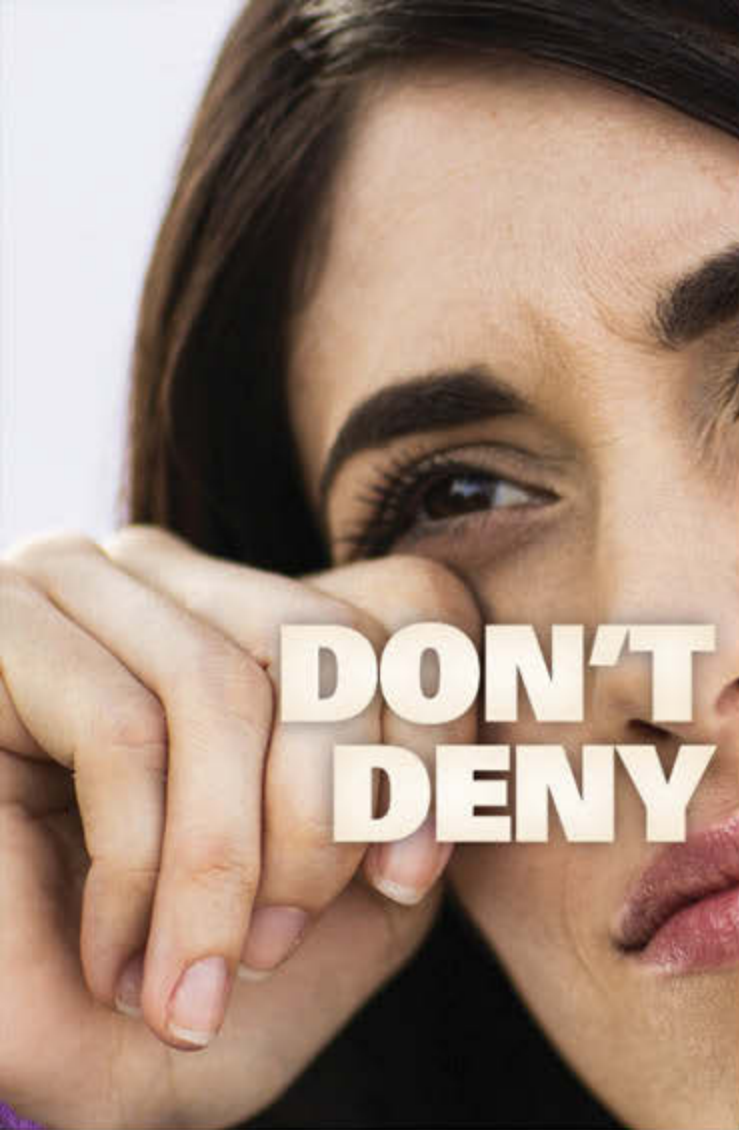
That’s doubly smart, because once you start spending that rebate check, it can be hard to put on the brakes. When normally cautious Erin Lin of Chapel Hill, NC, buys gifts, “it’s like I’m on a spree,” she says. She’s not the only one for whom spending snowballs once she starts buying. According to Yale University consumer researcher Ravi Dhar, we usually start shopping by carefully weighing the pros and cons of a purchase. But once we break that “should I or shouldn’t I?” spending barrier, our brain circumvents the thoughtful stage and a floodgate of shopping momentum opens up. Research shows that taking a little time between purchases can reset your defenses, and 15 minutes is about how long it takes for adrenaline to get broken down. So shut that laptop or go on a walk to avoid a spiral into regret.

Going out with friends is another trigger, experts say. That first drink at happy hour fits nicely into your budget, but then you’re having such a good time that, *Yes, bartender, I will have another*. The next day, you may or may not have a hangover, but your credit card will. The solution that won’t kill the mood: Bring only cash, since studies show it’s harder to part with than your credit card. But be realistic. “If you go out with too little, you’ll use it up before you’ve had your fill of socializing, and you will likely ask a friend to spot you,” Pant warns. Whatever cash you allow yourself is still probably less than you’d charge—it’s just how our brains work.

Using cash also makes it easier to remember this gem from Pant: “Every dollar you spend is a vote, either for the life you want or for the things that are taking you away from that. And is there anything more worth buying than a happy life?” ®

Once we break that ‘should I or shouldn’t I?’ barrier, a floodgate of shopping momentum opens up.”





It may surprise you that if you're experiencing any of these symptoms, you may have **Chronic Dry Eye disease**:

-
- ▶ **Dryness/itching**
 - ▶ **Burning/stinging**
 - ▶ **Feeling like something is in your eye**
 - ▶ **Sensitivity to light**
 - ▶ **Blurry vision**
 - ▶ **Problems wearing contact lenses**
 - ▶ **Watering eyes**
-

Chronic Dry Eye can limit your ability to perform daily activities that involve your eyes. Over time it can have potential consequences for your eyes—damage to the front surface of the eye, increased risk of infection, and effects on your vision. The good news is that treatment options are available.



TAKE ACTION NOW

- ➔ **SCHEDULE** a medical exam with your optometrist or ophthalmologist to see if you have Chronic Dry Eye. Don't wait.
 - ➔ **GO TO mydryeyes.com, TAKE** a brief questionnaire eye doctors use to assess Chronic Dry Eye, and **SHOW** the results to your eye doctor.
-



APC30SW14

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Find money all over your home!

Clutter doesn't just drive you crazy—it fritters away your cash, too. Take control and save big by fixing these five messy spots.

BY BROOKE SHOWELL

IN YOUR FREEZER



American families throw away up to \$2,275 in food every year, according to the Natural Resources Defense Council. The surprising place food goes bad? The freezer. “Our intentions are great. We freeze food to reduce waste and save money—then never look at it again,” says Monica Ricci, a pro organizer who has appeared on HGTV’s *Mission: Organization*. The solution: Label heavy-duty freezer bags with the date, and aim to use within six to 12 months. Post an inventory list on the door, and keep the inside well-stocked—freezers (and fridges) run more efficiently when they’re full. Combined with other maintenance, it can cut up to 30 percent from your energy bill.

IN YOUR BATHROOM



How much do you think that makeup and medicine in your bathroom are worth? It might be as much as \$2,968, found a survey by online U.K. beauty retailer escentual.com—but most of the women polled used only \$494 worth. That’s \$2,474 of wasted products! The key to keeping that cash is to buy smarter.

Say you see an item that’s buy-one-get-one-half-off, so you grab two, thinking you’ve saved. The opposite is true, says Ricci, as it’s likely to expire before you use it. Instead, snap photos of used-up items before tossing them. Then, when you spot a sale, check your camera roll. If the “bargain” product isn’t there, put it back. And if you *do* impulse-buy, stores like CVS have lenient return policies on products—even if you’ve cracked it open and just didn’t love it, says certified financial planner Lauren Lyons Cole.

IN YOUR CLOSET



That morning hunt for an outfit costs you more than just a few minutes. As a whole, Americans waste 9 million hours per day looking for misplaced items—which explains why you don’t have time to pack a lunch and then end up spending \$7 on a turkey sandwich (again, *argh!*). Plus, who hasn’t bought a cute navy cardigan, only to come home and find that other navy cardigan hiding behind last year’s winter pants? So clear out your closet and then sell any castoffs at

threadflip.com (they will send you a prepaid shipping pouch). Arrange the clothes you have left by category, with the type of piece that tends to be your go-to item (the one you choose first, like a favorite skirt) hanging in front, says Anna Akbari, Ph.D., founder of the styling firm Sociology of Style. Then buy uniform hangers. “It makes flipping through everything you have so much easier.”

IN YOUR CAR



It’s estimated that the average driver spent \$2,120 on gas in 2012, but you were likely on the above-average side if you’ve got actual junk in your trunk. For every extra 100 pounds in your car, its fuel economy falls by up to 2 percent, says the U.S. Department of Energy. Plus, the weight causes additional wear on the tires, and those babies don’t come cheap. If you think you can’t have 100 pounds of stuff hiding in your ride, think again. A spare car seat (15 pounds), a few books (12 pounds), and two beach chairs (7 pounds each) and you’re about halfway there. So move that stuff to the garage—it won’t charge you.

IN YOUR WALLET



Spring is here... which means you still haven’t used that Starbucks holiday gift card (and not for lack of coffee runs—it’s just never handy when you’re at the register). One study found that \$41 billion in gift cards went unused from 2005 to 2011, and pros say your messy wallet is part of the problem. Start by separating all your gift and loyalty cards (like your fro-yo punch card) and moving them into a change purse, says organizational expert Jill Pollack, host of HGTV Canada’s *Consumed*. Want to get really crazy? Organize the cards in order of their importance to you, by location, or alphabetically. Now enjoy that free latte—and your more organized life. **R**

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Lauren's Un-Perfect Life

She's stylish, successful, and newly, happily married. But she is also completely and refreshingly chill about what doesn't go her way. And since she's willing to talk about pretty much anything, we let you guys ask the questions. Here we go...

Lauren Conrad has the battle scars of a lifestyle guru who likes to get her hands dirty. Take the burn mark on her right wrist after an unfortunate encounter with a hot oven rack. "It's so stupid," she says, shaking her head. "I was experimenting with a cake, whether it was better to candy blood oranges before using them as decoration or just slice them and put them on it fresh." (For the record, fresh is the way to go.)

She also has little cuts on her ankles from wearing a favorite pair of Louboutin flats with tiny spiky grommets. "They're really comfortable," she says, laughing. "I just cut my ankles sometimes." We're sitting in the Los Angeles headquarters of her fashion line Paper Crown, and as I begin to compliment the lovely decorations—delicate pink-and-white paper flowers—Lauren sets me straight. "It took us, like, *six hours*

HAIR: KRISTIN ESS. MAKEUP: AMY NADINE USING LANCÔME. MANICURE: TRACY SUTTER AT CLOUTIER REMIX. PROP STYLIST: DANE HOLWIEGER. DRESS: OSCAR DE LA RENTA. NECKLACE: LIONETTE. BRACELETS: FOREVERMARK BY JADE TRAU. WREATH ARTWORK: RIFLE PAPER CO.

"I like constantly working and being creative," says Lauren, who is collaborating with Rifle Paper Co. on a line of stationery and gifts. The pretty wreath illustration, at left, is from her line!





THIS PAGE: TOP: MAJE, NECKLACE AND CUFF: BULGARI, SHORTS: CHLOE, SHOES: ALICE & OLIVIA, AT RIGHT: BLAZER AND SKIRT: PAPER CROWN, TOP: BLAQUE LABEL, NECKLACE: HELEN FICALORA, BRACELETS: BULGARI AND LELE SADOUGH.

“I think some women have an idea that kindness



"I still haven't fully accepted my fame," says Lauren. "But as I get older, I'm realizing it doesn't matter as much as I thought it did."

is weakness, which isn't true."

to make those things," she says. "I thought it was going to be a really quick project. And then I started and was like, I'm going to *finish* this."

Unlike the other celebrity lifestyle gurus of this world—ones who recommend steaming their lady parts or feature impossibly lush dinner party tablescapes photographed with moody Instagram filters—it's a relief to hear Lauren, 29, share an all-too-relatable tale of D.I.Y. PTSD. She doesn't even attempt a veneer of perfection. She doesn't have the time. Besides her Paper Crown line, which she started in 2010 and has now expanded to bridesmaids' dresses and stationery, Lauren has her hugely successful line for Kohl's, LC Lauren Conrad. She also recently launched The Little Market, an online retailer that sells handmade fair-trade goods from woman artisans around the world. Plus, Lauren is editor-in-chief of her website, laurenconrad.com, which receives 3.6 million unique views a month. Sound exhausting? It is. Tonight Lauren plans on cracking open a bottle of bubbles to celebrate the fact that Paper Crown shipped its first line of bridesmaids' dresses, but what she really needs, she says, is a nap.

And she's just as candid about her September 2014 marriage to William Tell, a 35-year-old who works in entertainment law. Like an old married lady, she speaks about him with a mixture of admiration and affectionate sarcasm. The pair met in 2011, and Lauren says she knew he was "the one" soon after. "He's the first person I ever thought I could marry," she says. "He's so smart. I respect his opinion a lot." (Though there are exceptions: "I watch *The Good Wife* with him, and he's like, 'That's incorrect. You would actually do this...' It's a nightmare!") Lauren says there are no immediate plans to start a family, but she's thinking about it, which is why she's



planning on taking his name, at least personally. “I feel like it makes you a family unit,” she says.

Because we know she has legions of fans (not to mention 3.3 million Twitter followers), we asked you, our REDBOOK readers, what you are dying to know from her. You didn’t let us down with your smart, thoughtful questions, and Lauren’s responses were equally straight. Listen to what keeps her motivated, how she handles her online trolls, and why she dresses like Ronald Reagan. Really.

Let’s start with an easy reader question. Megan Ferren of New York City says: I love the focus on healthy living on your site. What do you like to snack on?

I’m obsessed with Inner Peas, the little Trader Joe’s crunchy snack peas. But I’ve also been trying to eat fresh fruits and vegetables as a snack. I’ve been so busy over the weekends and missing farmers’ markets that I signed up for a delivery service of locally grown stuff. That’s not to say I’m not having pretzel parties—I like those pretzel crisps.



Lauren and William at their wedding last September.

“One of my favorite things about William is that he’s not afraid to disagree with me.”

Ashley from San Francisco wants to know: What is your main source of decor inspiration?

Flea markets. The last thing I bought... let me show you a picture! [Pulls up a photo on her iPhone] We’re redoing our backyard, and I was trying to figure out what type of chairs to put there. I was on Pinterest and I saw a picture of these Bertoria side chairs. Because I’m clueless, I didn’t realize it’s a designer chair. When I went to find them, I discovered they are around \$700 each. For a chair! So I was at the flea market and I got a whole set for basically less than what one new one would be.

Sabrina Irsay of Austin, TX, says: Your decor style is ultrafeminine. How do you incorporate your new husband’s personality and style into your home?

Excellent question. We are still working on it. We’ve been decorating a home together—we have a place in Laguna; it’s our little escape. But we’re so different. So I think it’s just going to end up... eclectic? I’ll give him a photo and

be like, “This is what I want to do.” And if he says, “I don’t hate it,” then I’m allowed.

Why, what’s his taste?

Modern or midcentury. More masculine, cleaner lines, heavier pieces. But he does have a large portrait of Elvis, and it’s painted on velvet. It’s called “Velvis” and it’s hanging in our garage. Because *compromise!* [Laughs]

It feels like you’re testing out different things all the time—like writing novels or collaborating on new things. How do you know when it’s time to try something new?

I love change—standing still for too long terrifies me. That’s why I’m in the fashion industry: You create a collection and start over again. Nobody loves their job all the time, but you should enjoy parts of it. Writing my last book, I wanted to kill myself for a month—it was the craziest deadline. I hadn’t slept. I was so upset. Everything was the worst, but I kept telling myself it

was temporary. It was terrible, but in a good way. I’m happiest when I’m working toward something.

When you’re in business meetings, do you find that women have to be super-assertive to be heard?

I don’t think so. Over the last few years I’ve been able to work with several women who I really respected because they didn’t take on that role of being a bitch. They were strong, but they were kind and they didn’t need to shout to be heard. A lot of women feel like they need to be really tough in order to be taken seriously. A lot of times we have this idea that kindness is weakness, which I don’t think is true.

You’re involved in so much; you must have crazy to-do lists. What kinds of things are you likely to leave undone?

Honestly, I keep lists in order to get thoughts out of my head; otherwise I can’t quiet it. So I’ve started bringing a notebook with me. And at night when I’m going to bed, I can put it all in writing. It kills me when I’m driving. Because I commute a lot to L.A. from Orange County, which is a two-hour drive, I’ve been really into podcasts. I listened to *Serial* in two days, because I’m crazy. And have you heard *Invisibilia*? It’s about things you can’t see, like emotions. Today I listened to an episode on fear. It taught me you can actually train yourself to not be afraid of things, because [a lot of] fear is taught.

What are you most afraid of?

I’m a very jumpy person. For example, my husband has to whistle before he walks in a room to let me know he’s coming. A lot of times in public, people will come up behind me and grab my arm to get my attention. It’s not an aggressive thing, but it terrifies me. I spook easily.

Let's get back to the reader questions. Here's Karen Morgan of New Jersey: What has been the most surprising thing about married life?

I don't have a great answer, because it hasn't felt different. William and I lived together before we married and knew early on that we were going to spend our lives together.

How is your relationship with William different from your past relationships?

I was never a person who was obsessed with the idea of marriage. I mean, I love weddings. But for me, other parts of a relationship are so much more important. For us it was obvious pretty quickly. He told me about the night he decided. We were stuck in traffic, on our way to a dinner, so we ended up being in the car for two and a half hours. We just had, like, a long talk of, "This is what our life would look like." We're planners. [Laughs]

I think it's funny that some people *don't* do that.

Obviously romance is so exciting and so is the thrill of committing yourself to someone forever. But you wake up the day after the wedding and you're *married*. And you have the rest of your lives ahead of you.

What do you guys bicker about?

Everything. It can be the smallest thing, like the way to pronounce a word. It's really funny: He's a lawyer, and I love to argue. One of my favorite things about him is that he's not afraid to disagree with me. And we both insist on being right. He's so smart, and he's often right. And if I am wrong, I have no problem with it.

Do you feel pressure to start a family?

No, we don't. I had a girlfriend who did this thing that I thought was so smart: The year she was going to get pregnant she made a checklist of things she wanted to do. One of them was, like, "Take a road trip across the country." She checked them all off, and then she was like, "Okay, I'm ready to be a mom." I was telling William that, and he was like, "You'd hate a road trip! You're terrible in the car!"

Alecia Pace of Long Island, NY, wondered this:

Do you ever find that pleasing your fans or shutting up haters gets in the way of your creativity?

Every once in a while, yes. Because I'm human, and when someone says something mean about me, it hurts my feelings. That's natural. That said, I take everything with a grain of salt. People interact so differently when they don't have anonymity to make them brave. It would hurt my feelings more if someone were to say it to my face.

How do you get through tough or challenging times?

If I'm really stressed-out or upset at something, I always just try to focus on the positive. I think the best thing to do is count your blessings. There is so much good still there. It's really the only thing that makes me feel better.

Okay, we got a lot of questions about your beauty routine. Jackson Pearce of Atlanta asks: If you could wish for anything beauty-wise, what would it be?

I would love a bold lipstick that was natural. I've been

"I definitely wouldn't encourage my child to do reality television," says Lauren.



trying to trade out my products for more natural ones. Your skin is your biggest organ—also, I've read that you can eat a pound of lipstick a year. But if you want to do a bold red or a hot pink lip, you can't get a long-lasting one that's all-natural. That's the magic product I would make.

When you're just hanging around the house, what are you wearing? Jessica Jalowiec of San Diego wants to know if you even own ugly pajamas.

Absolutely. They're the most comfortable! The other day I was wearing a pair of gray, cropped, high-waisted sweatpants with a white T-shirt. William looked at me and said, "You look like President Reagan." I looked it up and found a photo of [Reagan] reading, and he's wearing these sweatpants pulled up really high with a white T-shirt on. I was like, "I *do* look like President Reagan!"

Ha! How often does your husband make references that you have to look up?

Daily. Google is the third member of our relationship.

Let's talk about your hair: How long were you considering cutting it before you made the leap?

A few months. I didn't want to touch it before the wedding. My hairstylist took a week to really cut it. She cut a lob and then a bob, and then she kept cutting it shorter. She wanted to teach me how to style it when it was growing out.

Oh, that's a good idea!

Now I want my long hair back. I don't like feeling bare.

Really? This leads me to our last question: When do you feel most confident?

The girls who work on the website and I have been trying to do one charity event a month. We've done a meal at a women's center downtown and we're working with the children's hospital to set up a craft day. When I'm doing something selfless, that's when I feel best. **R**

[WE LEARN FROM HER]

She helps survivors *thrive*

Domestic violence is a leading cause of homelessness for women. Activist Erika Sussman is helping abused women find their way to financial safety. BY JESSICA PRESS

From the time she was 4, Erika Sussman had a heightened awareness of the challenges faced by survivors of domestic violence: Her mother helped found their county's domestic violence shelter, a revolutionary undertaking at a time when these safe havens were rare. "I remember tagging along when she was working and playing

needs. "Material considerations—how will I pay the mortgage, feed my children?—rank as women's highest priorities when considering whether to leave," Sussman explains.

CSAJ has trained thousands of lawyers and advocates on how to better and more fully serve survivors. One example: "In the past, an attorney

may only have thought about the physical safety that a protective order can give," says Krista Del Gallo, policy manager for the Texas Council on Family Violence. "Erika has given ideas about what to include to help these women be safer economically." In 2013, Del Gallo's organization became a partner in one of four CSAJ programs that facilitate collaborations between domestic-violence and consumer groups. "Now we have a plan and a network of sensitive lawyers in place to assist survivors who need this kind of help. It was Erika's partnerships that got us into circles where these resources lie."

Sussman has her sights set on making changes with help from even

higher places. At the request of the White House, CSAJ has recommended federal policy changes, such as granting foreclosure relief without the cooperation of an abusive spouse. "As one lawyer working with CSAJ said to me, 'Before we can help survivors build up their lives, we've got to get them out of the quicksand,'" says Sussman. She won't give up until they're all on solid ground.

"Women who live in poverty are more likely to face future abuse," says Sussman.

with the children at the shelter," Sussman says. That heritage became a mission. Sussman is now the founder and executive director of the Center for Survivor Agency and Justice (CSAJ), a groundbreaking nonprofit that enhances safety for survivors by helping them overcome the economic fallout of abuse.

"Batterers often use financial sabotage to maintain control over their partners," explains Sussman, 41, a Washington, DC-based lawyer. In one study, 99 percent of survivors reported experiencing economic abuse. "Abusers may interfere with their partner's ability to find employment, like destroying her work clothes before an interview. They might withhold bank account information so she has no money, or use her personal information to run up debt." For many battered mothers, leaving the relationship means being unable to meet their children's basic

TELL US ABOUT YOUR HERO

In past months, the inspiring women we've featured here have taught us how to change lives with underwear (it's true!) and help girls rock at science. Tell us about a woman you know who is showing people new ways to make a difference. You could win \$500 for yourself and a charity, and she may be featured in an upcoming issue. Go to redbookmag.com/learnfromher for details.

3 EASY WAYS TO HELP

SPREAD THE WORD. "Like" CSAJ on Facebook and tell friends about their work—it can bring them to the attention of new supporters and partners.

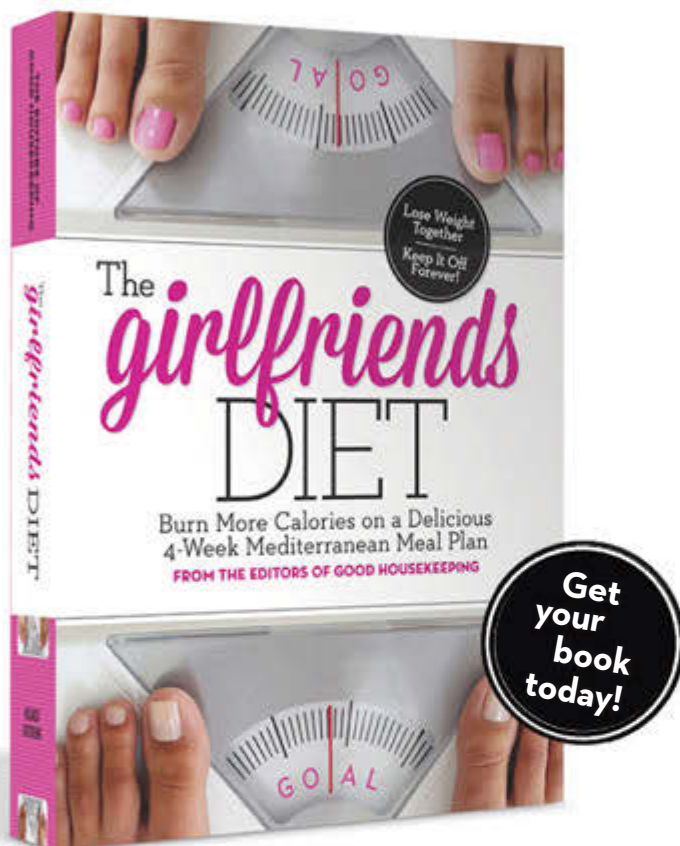
DONATE at csaj.org/support-us to fund training, provide resources to survivors, and more. Sussman also suggests giving locally.

(Google your zip and "family shelter" to find an organization.)

VOLUNTEER. Depending on your skills and interests, you can assist with things like fund-raising, grant writing, community outreach, and pro bono legal work. Go to csaj.org/contact to request more information.

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WHYS GUY

Your dude, decoded

Rocket science is less challenging than figuring out the maddening things your man does. Luckily, we've got Aaron Traister, who has a Ph.D. in Weird Guy Behavior, to answer your questions.

Q: When we moved into our house, my husband said, "I'm not going to pay someone to paint—I can do it." Of course, months later, I had to start painting. He said, "What are you doing? I told you I'd do that!" Every woman I know has a story like this. Why?

A: Good question! I will totally answer it soon. Very soon... any minute. *Juuuust* let me finish this one thing... What was the question again? Okay, seriously, look: There are certain things I feel like I should do; I think of them as masculine responsibilities, even though that sounds stupid and gender-essentialist and whatnot. But the problem is that there are lots of these types of "man jobs" that I don't actually know how to do, or I do incredibly poorly. For instance, my wife,

wouldn't even consult me, that she'd call the pro before I'm aware there's a problem. Then I could bluster about how I would have done it myself, but we'll both know the truth. I'll be secretly grateful—maybe your husband would be too.

Q: My husband and I had some problems a few years ago but got through them. My mom still holds a grudge against him. Is there anything he or I can do for her to trust him again?

A: To quote the great sage of our time, Matthew McConaughey: Just keep livin'. You have no control over your mother's feelings. Good on you for dealing with the hard stuff in your relationship, but ideally, there are only two people in a marriage.

Everybody on the fringe who's got an opinion is gonna have to sort their own selves out. Your mom is being a mom, attempting to protect her kid, so try to remember that when she calls to "make sure you're okay" when you're clearly fine. All your guy can do is be polite and courteous and put up with a little stink-eye, because it comes from a caring place. You can try telling her to back off, but I think you and your dude are just going to have to deal with this. Fortunately, it sounds like you have it in you to forgive and move on.

Q: My husband's college girlfriend is coming to town and wants to have dinner with him and "catch up." They were serious. He wants to know if this is okay with me. Is it?

A: Sure! Wait, no! Wait, maybe? On the one hand, if you trust your husband completely, you shouldn't have a problem sending him out with someone important from his past, regardless of whether it's an ex. But maybe

I'm being naive. For instance, if he was so important to her and she wants to learn all about his life now, why wouldn't she want to meet you as well? And for that matter, why wouldn't he want to bring you along!!? Also, what's up with dinner? How about lunch in the bright, bright daytime? I think you should tell your dude in the nicest possible way that you want to meet this woman who was such a big part of his past—and ask him to invite her over for dinner. If he balks at the idea, ask him how he'd feel about you having a little alone time with an important ex if the roles were reversed. If that doesn't clear things up, he's being crazy and you should definitely put the kibosh on this.



Karel, wants to call a plumber about a new kitchen sink, but I'm convinced it's something I should be able to manage. So I tell her, "I'll take care of it." Maybe I measure the sink, or I get as far as buying a new one. Perhaps it is at that point that I realize I have no idea what I'm doing. So I tell Karel I don't have enough time this weekend, and she reminds me that we have to go to a wedding next weekend. Then I don't do anything for the next three months. Obviously we should just call a plumber, but I can't admit I'm out of my depth, so we empty the bucket under the sink until Karel gets so frustrated that she reaches out to a guy columnist at a national women's magazine. And here we are. Sometimes, honestly, I wish she

Q: Why is it that men can't seem to make up their minds about relationships? They want all the perks but won't commit.

A: If I'd been committed to one of the women I was hanging out with when I met Karel, there is a good chance I wouldn't have actually met Karel, and she's the Ryan Lewis to my Macklemore (or, for those of us over 40, the Oates to my Hall). And it should be noted that one of those young ladies met the guy *she* went on to marry while we were hanging out. When I met Karel, I realized pretty quickly that I didn't want to lose her, so I got serious. That's how it works. You know when you meet that long-term person because (I can't stress this enough) *you don't have questions like this*. Finding a dude to marry, or have kids with, or shack up with forever shouldn't be like breaking a wild horse. If he isn't committing, neither should you. Take the perks and continue to look for the horse that's ready to ride. Maybe the two of you will eventually land on the same page, but focusing all your energy on this one guy might prevent you from meeting the man who is ready to make beautiful, non-offensive rap music with you for the rest of your life.

Q: I'm dreading our next trip because my husband and I are such different travelers. He's very laid-back, and I like to have a lot planned so we don't waste a minute. How can we still have fun?

A: My advice for a harmonious vacation is the same for a harmonious relationship, and that is to remember why you got together with each other in the first place. If you're incredibly different people, it's highly likely that his idiosyncrasies balance some of your own. Karel is very type A, and I am very type A-aroon. We've bridged the divide because I get her to slow down before she burns herself out and she gets me to speed up and focus instead of thinking about puppies or beer. If we vacationed on my terms, we would sleep and maybe take a walk and relax to the point where hotel staff might worry we've OD'd. But with Karel's way we'd get ulcers trying to make sure we fit in all the adventures she has meticulously planned. So give in to each other. If you have to pencil in "Be laid-back and have no plans," so be it, but do it his way part of the time, and chances are he'll love the snorkeling trip you arranged three months ago too.

Q: My guy does a really goofy "sexy dance" to Marvin Gaye before he wants to make out. I secretly hate it, but I know that telling him will kill him. He didn't do this when we were dating, I swear!

A: Oh, God, you have to tell him. If it kills him, at least it will put him out of his misery. Is he being serious, or is he trying to be funny? It doesn't matter—both options are horrible—but somehow I think "Aren't I being cute and funny?" is slightly better than "Aren't I being erotic and sensual?" This is the worst letter I've ever read. What guy would do this? Was he raised by Chippendales dancers? Tell him; for the sake of all men everywhere, tell him.

Q: What is the deal with the long bathroom visits? Come on. Some of us birthed a child in less time.

A: We're reading the compelling new Ta-Nehisi Coates article in *The Atlantic* while we have a little precious peace and quiet, away from the noise that the children and the dog make. We need uninterrupted quiet time to absorb the points he's making so we can form a thoughtful argument in support of, or refuting, his thesis. Or we're playing Fruit Ninja on our phones. 🍌

DO YOU HAVE A QUESTION FOR AARON? Email him at redbook@hearst.com (subject: Whys Guy). His answer may appear in an upcoming issue!

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The stuff every couple should talk about

These proven ways to improve your marriage are also the world's easiest: Chat, gossip, fall in love a little more.

BY LISA FREEDMAN



Kiss and talk
You're just like that cute old couple from *Up*.

THE SHOWS YOU WATCH

So your idea of a hot date is *Scandal* and takeout. That's *fine*. Binge-watching can actually be good for your relationship—so long as you engage and talk about the show once it's over, says Timothy J. Loving, Ph.D., an associate professor of human development and family sciences at the University of Texas, Austin. "You're taking advantage of your time together, creating shared memories," he explains. "You may even learn something about your partner, which might not happen that often!"

And don't only deconstruct the craziness of what you just watched.

Chatting about what might happen in the next episode is practically like renewing your vows. "Talking about things you plan to do together adds to your sense of long-term commitment, no matter how many anniversaries you've had," says Loving. By the way, you don't have to watch heavy dramas to reap the benefits; dishing about *Survivor* will do it too.

YOUR FRIENDS' RELATIONSHIPS

It's not gossip—it's couples therapy. Whispering about your friends behind their backs could help your marriage. "You're not just passing judgment,"

says Robb Willer, Ph.D., an associate professor of sociology at Stanford University; you're figuring out what's cool (and not). The way Lauren treated her husband at dinner? Sean's too-flirty-with-the-waitress ways? Talk about who you think was right or wrong and what you would have done differently. "People who share the same values have stronger relationships," says Willer. And if you disagree, you have the chance to hash out your points of view.

That said, while comparing your marriage to your friends' can help you appreciate what you have, Willer cautions against downplaying your own problems. You still have to work on your relationship, he says, regardless of how great it looks next to your train-wreck pals.

WHAT IT'LL BE LIKE TO BE OLD FOLKS TOGETHER

Won't it be amazing when you don't have to work and there won't be any Legos to pick up or colleges to tour? Talking with your husband about those days can boost your mood, says Gabriele Oettingen, Ph.D., a professor of psychology at New York University and author of *Rethinking Positive Thinking*. Plus, fantasizing together about a happy retirement can make the logistics of it—like saving—easier to handle. It's smart to talk about challenges anyway: "By identifying obstacles, you can feel energized to make the necessary plans," she says.

And not to be totally morbid, but also discuss how you want to be remembered after you're gone. Then you can work to make those dreams a reality—or come to terms with the fact that you're going to have to spend your life talking him out of a tombstone that reads, "2002 Air-Guitar Championship first runner-up." ®

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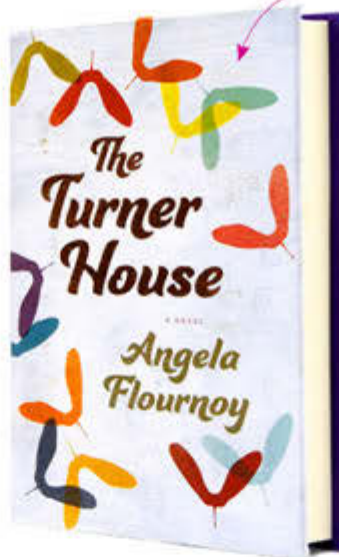


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GIVE THANKS FOR YOUR (CRAZY) FAMILY

Nobody can take you from joyful to infuriated as fast as your brother or sister. Similarly, the ups and downs of the 13 siblings that populate *The Turner House*, the first novel by Angela Flournoy, whip from laugh-out-loud to heart-crushing. Still, she proves even bonds that have stretched a mile long have the ability to snap back.



How **not** to have it all

A funny thing happened on Rebecca Barry's quest to write the Great American Novel... correction, 105 funny things. That's how many mini chapters make up *Recipes for a Beautiful Life*, her memoir about moving to a ramshackle house with a husband who constantly travels for work and two kids who won't sleep. Dip in and out without missing a beat or the message: Contentment isn't about getting everything (she hasn't written the novel), but finding magic in the mess.



BE TRUE TO YOU

The original queen of reinvention? Aurore Dupin, the 1800s housewife who became literary superstar George Sand. Writing *The Dream Lover*, about Sand's life and many, many love affairs, was something of a metamorphosis for best-selling author Elizabeth Berg, who'd never done historical fiction. She learned this: "Being true to yourself doesn't mean always saying and doing exactly what you want all the time. But if something is eating away at you from the inside, you have to make a change."



ASK "WHAT IF?"

The heroine of *The Bookseller*, set in 1960s Denver, is a single, late-30s bookshop owner named Kitty, who starts having incredibly vivid dreams. In them, she's Katharyn, married, with the family she once longed for. Her gripping nocturnal life starts to shade her waking one, even as it gets complicated. Cynthia Swanson's novel will make you think about the paths you could have taken—but even more so, what you can learn from them to make your reality richer.



CLIMB YOUR MOUNTAIN

Weighing 300 pounds and struggling with food addiction, Kara Richardson Whitely took on a massive goal to find a way out of her shame. In *Gorge*, she chronicles her climb up Mount Kilimanjaro, Africa's tallest peak, and reflects on the lowest points in her life that made it so hard to love herself. In her strength, you'll find hope for whatever holds you back.



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red

AT HOME

PHOTOGRAPHED BY William Meppem

Bless this mess

The Eton mess is the easiest dessert ever, and you can throw it together with any berry that's ripe and in your fridge. Here's how we did this one: In a medium bowl, toss 1 lb hulled and quartered strawberries, 12 oz raspberries, 5 Tbsp sugar, and 2 Tbsp lemon juice. Let stand until berries begin to release juices. In a large glass serving dish, scatter $\frac{1}{3}$ of the berry mixture on the bottom, then top with 1 cup whipped cream and 1 cup coarsely broken vanilla meringue cookies. Repeat two more times and serve.



1

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12



13



11

10



9



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1 A decorative gold-leaved bowl that'll look just as regal empty or loaded up with Jolly Ranchers. Empress bowl, \$14.95; zgallerie.com.

2 This accent pillow is an easy way to add a modern touch to any room. Color Study No. 2 throw pillow, \$27; society6.com.

3 Just the right amount of kooky: an elegant silhouette in statement-making orange. Glass lamp, \$49.99; homegoods.com for stores.

4 "I just have way too many places to kick up my feet," said no one ever. Pouf ottoman, \$29.88; walmart.com.

5 Because if you see one more coat in a pile on the floor... PS 2014 hat and coat stand, \$29.99; ikea.com.

6 Such a stylish way to bring color (and light!) to a dull corner. It's Eclectic! candlestick, \$12.99 each; modcloth.com.

7 These tiny dishes come in every letter of the alphabet, too—and at just \$12 each, you can buy one for each member of your family. Alphabet Studio tray, \$12; rosannainc.com.

8 Plates so pretty you'll actually want to set the table. Abode plate set by Magpie, \$40; artsymodern.com.

9 Hand this to your hubby when he cleans the kitchen without being asked. For once. Tea towel, \$6.95; papersource.com.

10 A real multitasker: The top of this table happens to be a removable tray. Soft Modern tray table, \$39.99; sauder.com.

11 Every meal needs 'em, so why shouldn't yours be super-cute? Kate Spade New York Charlotte Street salt and pepper set, \$30; macys.com.

12 We've got you covered with a soft throw that's light enough for summertime snuggling. Olin yellow throw, \$29.95; crateandbarrel.com.

13 With 11 colors to choose from, including red, buttermilk white, and this pretty antique blue, you could have a sweet little end table in any room. J Hunt Home Simplify end table, \$48; wayfair.com.

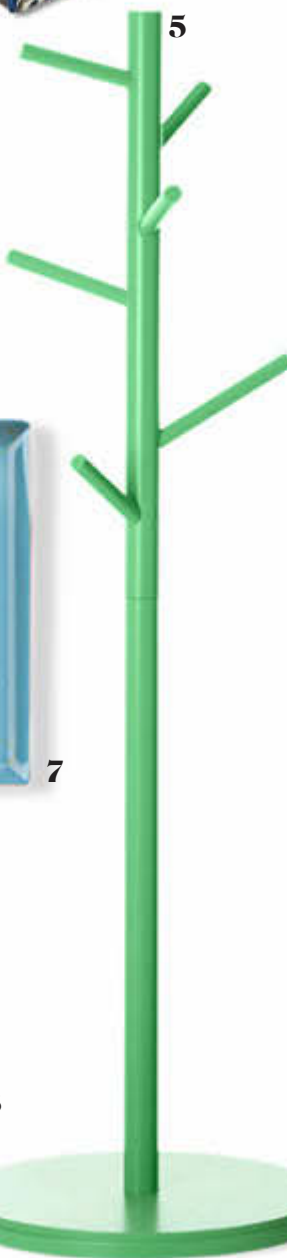
14 This bin looks more like a piece of art than a place to store all your kid's junk, er, toys. Quartz cube bin, \$16.95; landofnod.com.



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monthly Starbucks tab. Not bad!



at home

SKINNY *pasta*

To love pasta is to be human. And if you want more of it on the dinner table (yes, *always, thank you, please!*) without a side helping of guilt, check out these recipes from the new book *Healthy Pasta*. Each one has less than 500 calories per serving and, of course, tastes incredible.

Who better than the children of Italian food genius Lidia Bastianich—restaurateur, cooking show host, the *nonna* you secretly wish you had—to write the book on how to prepare noodles a healthier way? “You cannot starve yourself of the pleasure of food,” says Tanya Bastianich Manuali. (Amen.) In *Healthy Pasta*, Tanya and her brother Joe use their lifetime of restaurant experience to create big flavors in a benign package. “The idea here is that you can enjoy pasta, you can do it authentic, and it can be 500 calories a serving,” says Joe. Here’s how it works: Each recipe calls for one pound of pasta to feed six people. If you’re the type of person who could usually put away half a pound of

spaghetti by yourself, consider a few rules. One: Be sure to include some ingredients that are super-flavorful, like capers, anchovies, and sundried tomatoes. Foods that pack a lot of punch will satisfy your palate faster. Two: Buy pasta that is made from semolina, a.k.a. durum wheat flour—it has a higher protein count than pastas made with other kinds of flour. It may cost you a few more cents at the cash register, but it’s also more filling. Lastly, limit the amount of oil you use while cooking your dish, and instead add any fats at the end of cooking. As Joe explains, “Whether it’s bacon or butter, it’s going to taste better if you put it in then, which means you need less fat and fewer calories to get the same impact.”

FARFALLE WITH SUNDRIED TOMATO PESTO

Active: 5 minutes
Total: 35 minutes

- 1 cup packed sundried tomatoes (not oil-packed)
- 1 lb farfalle
- 1 ripe plum tomato, seeded and chopped
- 1/3 cup slivered almonds, toasted
- 1 clove garlic, crushed and peeled
- 1 cup loosely packed fresh Italian parsley leaves
- 1 cup loosely packed fresh basil leaves
- 1/3 cup extra-virgin olive oil
- 1/2 cup freshly grated Grana Padano or Parmigiano-Reggiano cheese

1. Set a large pot of salted water over high heat. Put the sundried tomatoes in a bowl and add enough hot water to cover by about 1/2 in. Let soak until softened, about 20 minutes, then drain, reserving the soaking water, and chop tomatoes. (Depending on how dry your tomatoes are, you may need to add more hot water halfway through the soaking time.)

2. When the pot of water is boiling, add the farfalle and cook until al dente, about 11 minutes. Drain and set aside.

3. In the bowl of a food processor, combine the chopped sundried tomatoes, plum tomato, almonds, garlic, parsley, and basil. Process to make a chunky paste, scraping down the sides of the work bowl. With the machine running, add the olive oil in a steady stream to make an almost-smooth pesto. Scrape the pesto into a large serving bowl and stir in the grated cheese.

4. Add the pasta to the bowl with the pesto and toss well. Add up to 1/2 cup of the reserved tomato water if the pasta seems dry and toss again. Serve immediately.

Makes 6 servings. Per serving: 469 cal, 19 g fat (4 g sat fat), 16 g pro, 64 g car, 5 g fiber.

RIGATONI ALLA NORMA

Active: 25 minutes
Total: 35 minutes

- 3 small Italian eggplants (or 1 large eggplant), cut into 1-in. cubes (about 7 cups)
- 3 Tbsp extra-virgin olive oil
- Kosher salt
- 1 medium onion, chopped (about 1 cup)
- 3 cloves garlic, thinly sliced
- 1/4 tsp crushed red pepper flakes
- 1 28-oz can whole San Marzano tomatoes, crushed by hand
- 1 lb rigatoni
- 1/2 cup fresh basil leaves
- 1 3-oz piece ricotta salata

1. Heat oven to 450°F with a baking sheet on the top rack.

2. Set a large pot of salted water over high heat. On the preheated baking sheet, toss the eggplant with 1 1/2 Tbsp of the olive oil and season with salt. Roast, tossing the eggplants occasionally, until they are browned and tender, about 18 minutes.

3. While the eggplant is roasting, begin the

sauce. In a large skillet over medium heat, add the remaining 1 1/2 Tbsp olive oil. When the oil is hot, add the onion. Cook and stir until the onion begins to soften, about 4 minutes. Add the garlic and cook until fragrant, about 1 minute. Increase the heat to medium-high, add a ladleful of hot water (about 1/2 cup), and simmer rapidly until the onion is soft and the water has evaporated, about 5 minutes. Season with salt and the red pepper flakes. Add the tomatoes and 1 1/2 cups of the hot water, bring to a rapid simmer, and cook until slightly thickened, about 10 minutes.

4. When the pot of water is boiling, add the roasted eggplant to the simmering sauce; add the rigatoni to the water and cook until al dente, about 11 minutes. Remove the pasta with a small strainer and add it directly to the sauce, reserving the pasta water. Roughly tear the basil leaves right into the sauce. Toss to coat the pasta in the sauce, adding a splash of pasta water if it seems dry. Serve, shaving the ricotta salata over each serving.

Makes 6 servings. Per serving: 440 cal, 11 g fat (3 g sat fat), 16 g pro, 73 g car, 7 g fiber.



**PENNE WITH BROCCOLI,
GARLIC, AND OIL**

Active: 25 minutes

Total: 35 minutes

- 2 small heads broccoli, trimmed into small florets, stems peeled and sliced ¼ in. thick (about 12 cups)
- 3 Tbsp extra-virgin olive oil
- Kosher salt
- 2 oz pancetta or bacon, diced
- 6 cloves garlic, thinly sliced
- 1 medium onion, sliced (about 1 cup)
- Crushed red pepper flakes
- 1 lb penne
- ½ cup fresh Italian parsley leaves, chopped
- ½ cup freshly grated Pecorino Romano

1. Heat oven to 450°F with a baking sheet on the lower rack.

2. Set a large pot of salted water over high heat. In a large bowl, toss the broccoli with 2 Tbsp of the olive oil and season with salt. Place the broccoli on the baking sheet and roast, tossing once, until charred on the edges and just tender, about 13 minutes. (It will cook more in the sauce.)

3. Meanwhile, in a large skillet over medium heat, add the remaining 1 Tbsp olive oil. When the oil is hot, add the pancetta and cook until the fat is rendered and the pancetta begins to crisp, about 3 minutes. Add the garlic and onion and cook until golden, about 10 minutes.

Season with salt and red pepper flakes. Add 1 cup of hot water, bring to a simmer, then add the roasted broccoli, and continue to simmer.

4. When the pot of water is boiling, add the penne and cook until al dente, about 10 minutes. Remove the pasta with a small strainer and add it directly to the sauce along with the parsley, reserving the pasta water. Toss to coat the pasta in the sauce, adding a splash of pasta water if it seems dry. Remove from heat, sprinkle with cheese, toss, and serve.

Makes 6 servings. Per serving: 470 cal, 13 g fat (4 g sat fat), 18 g pro, 67 g car, 8 g fiber.





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LINGUINE WITH SHRIMP AND LEMON

Active: 20 minutes

Total: 25 minutes

- 2 Tbsp extra-virgin olive oil
- 1 lb large shrimp, peeled and deveined, tails removed, shrimp halved lengthwise
- Kosher salt
- 2 cups chopped scallions
- 3 Tbsp capers in brine, drained
- Crushed red pepper flakes
- Zest and juice of 1 large lemon
- ½ cup dry white wine
- ¼ cup heavy cream
- 1 lb linguine
- 1 cup fresh Italian parsley leaves, chopped

1. Set a large pot of salted water over high heat. In a large skillet

over medium-high heat, add 1 Tbsp of the olive oil. Salt the shrimp. When the oil is hot, add the shrimp and cook just until they begin to curl and turn white, 2 to 3 minutes. Transfer to a plate.

2. Return the skillet to the heat and add the remaining 1 Tbsp olive oil. Add the scallions and cook until wilted, about 2 to 3 minutes. Add the capers and red pepper flakes and cook until they begin to sizzle, about 1 minute. Add the lemon zest, lemon juice, and white wine and simmer until reduced by half, about 2 minutes. Add 1 cup of hot water and the cream, and simmer.

3. When the water is boiling, add the linguine. Cook until al dente, about 9 minutes. After the pasta has been cooking for about 6

minutes, add the shrimp and parsley to the sauce for the last 3 minutes to heat through. Remove the cooked pasta from the water with tongs, adding it directly to the sauce and reserving the pasta water. Toss to coat, adding a splash of pasta water if it seems dry. Serve immediately.

Makes 6 servings. Per serving: 410 cal, 10 g fat (3 g sat fat), 23 g pro, 60 g car, 4 g fiber.



Time to mangia!

There are dozens more recipes in *Healthy Pasta*, available April 8 wherever books are sold.



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Morning magic

Special breakfasts (whether it's Easter or any old Sunday) should be easy—nobody needs to get stressed first thing in the a.m. These two treats from *Back in the Day Bakery Made With Love* are fancy but friendly.

JAM MUFFINS

Active: 35 minutes
Total: 1 hour and 35 minutes

3 cups all-purpose flour
1½ tsp baking powder
1½ tsp baking soda
¼ tsp kosher salt

¼ tsp ground cardamom (optional)
¾ cup (1½ sticks) unsalted butter, at room temperature
1½ cups granulated sugar
3 large eggs
2 tsp pure vanilla extract

1½ cups sour cream, at room temperature
About ⅓ cup jam (any kind)

FOR THE GLAZE

2 cups confectioners' sugar
3-4 Tbsp whole milk
½ tsp pure vanilla extract

1. Heat oven to 350°F with the rack in the middle. Spray 12 standard muffin cups with nonstick spray or line with paper liners.

2. In a large mixing bowl, whisk together the flour, baking powder, baking soda, salt, and cardamom. Set aside.

3. In the bowl of a stand mixer fitted with the paddle attachment (or in a large mixing bowl, using a handheld mixer), cream the butter and sugar together on medium-high speed until light and fluffy, 3 to 5 minutes. Turn the mixer speed down to low and add the eggs one at a time, beating well after each addition and scraping down the sides of the bowl with a rubber spatula as necessary. Add the vanilla and mix until blended.

4. With the mixer on low, add the flour mixture in thirds, mixing until just combined and scraping down the sides of the bowl as necessary. Add the sour cream and mix until combined, about 1 minute.

5. Scoop 2 Tbsp of batter into each muffin cup and spread it over the bottom of the cup. Spoon 1 heaping tsp of jam into the center of each. Top each one off with another 2 Tbsp of batter, making sure to cover the jam.

6. Bake for 20 to 25 minutes, until the muffins are golden brown. The tops should be firm to the touch and a toothpick inserted in the center of a muffin should come out clean. Remove from the oven and let cool for about 15 minutes. Once the muffins are cool to the touch, transfer to a wire rack to cool completely.

7. To make the glaze: In a small bowl, mix the confectioners' sugar, milk, and vanilla. Generously drizzle glaze on top of the muffins.

Makes 12 muffins.



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McCormick Cinnamon Caramel Swirl Bars

1 1/2 cups flour
2 tsp. baking powder
2 tsp. **McCormick Ground Cinnamon**
1/4 tsp. salt
1 1/2 cups firmly packed brown sugar
1/2 cup (1 stick) butter, melted
2 eggs
1 tbsp. **McCormick Pure Vanilla Extract**
1 cup coarsely chopped pecans
1 pkg. (14 oz.) caramels, unwrapped
1/4 cup milk

MIX flour, baking powder, cinnamon and salt. Set aside. Mix brown sugar, butter, eggs, vanilla and pecans in large bowl until well blended. Add flour mixture; mix well. Reserve 1 cup of the batter. Spread remaining batter into lightly greased foil-lined 13x9-inch baking pan. Bake in preheated 350°F oven 15 minutes or until firm.

MICROWAVE caramels and milk in microwavable bowl on HIGH 2 to 3 minutes or until caramels are completely melted, stirring after every minute. Cool 5 minutes or until slightly thickened. Pour over baked layer in pan, spreading to within 1/2 inch of edges. Drop reserved 1 cup batter by spoonfuls over caramel layer. Cut through batter with knife several times for marble effect.

BAKE 15 to 20 minutes longer or until center is set. Cool in pan on wire rack. Lift from pan. Cut into bars.

Makes 24 servings.



For more great-tasting recipes, visit mccormick.com

BREAKFAST BREAD PUDDING

Active: 40 minutes

Total: 1 hour and 50 minutes

- 2 Tbsp unsalted butter**
- 1/2 lb portabello mushrooms, sliced**
- 1 medium sweet onion, diced**
- 3 cloves garlic, finely chopped**
- Kosher salt and pepper**
- 3/4 lb applewood-smoked bacon, cut into 1/4-in. pieces**
- 1 lb fontina cheese, shredded**
- 1/2 cup grated Parmigiano-Reggiano cheese**
- 1/4 tsp red pepper flakes**
- 1 tsp rubbed sage**
- 6 large eggs**
- 2 1/2 cups half-and-half**
- 1 lb day-old loaf (ciabatta is preferred), cut into 1-in. cubes (about 10 cups)**

1. Heat oven to 350°F with the rack in the middle. Use 1 Tbsp of the butter to coat a 9 x 13-in. baking dish.

2. In a large heavy skillet, melt the remaining 1 Tbsp butter over medium heat. Add the mushrooms and onion and sauté until the liquid the mushrooms release has reduced and the vegetables are tender, about 8 minutes. Add the garlic and sauté for 1 minute. Transfer to a bowl and season with salt and pepper to taste. Set aside.

3. In the same skillet, cook the bacon over medium heat until crisp and browned, about 10 minutes. Using a slotted spoon, transfer the bacon to the bowl of onions and mushrooms; reserve 2 Tbsp of the bacon fat. Add the fontina, Parmigiano-Reggiano, red pepper flakes,



and rubbed sage to the bowl and stir to combine.

4. In a large mixing bowl, whisk the eggs, then add the half-and-half and the reserved bacon fat and whisk until combined.

5. Spread half of the bread in the prepared baking dish. Spread half of the onion-

mushroom mixture evenly over the bread. Top with the remaining bread and another layer of the remaining onion-mushroom mixture. Pour the egg mixture evenly over the top. Using the back of a spoon, press the bread into the liquid, making sure all the liquid is absorbed. Let sit for 15

minutes before baking. (The bread pudding can be covered with plastic wrap, refrigerated, and baked the next day.)

6. Bake the bread pudding for 40 to 50 minutes, until evenly browned on top. Let rest for 5 minutes before serving.

Makes 8 servings.

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MEAT AND TOMATOES PIZZA

Active: 10 minutes
Total: 25 minutes

Heat oven to 450°F with a rimless baking sheet set on the middle rack. In a large skillet, heat 1 Tbsp olive oil over medium-high heat. Add 1 pint grape tomatoes and cook for 5 minutes, until they burst. Remove from heat; set aside. Brush a 12-in. par-cooked whole-wheat pizza crust (like Boboli) with 1 Tbsp olive oil and season with kosher salt and ground black pepper. Top with ¾ cup shredded mozzarella, the tomatoes, 4 trimmed asparagus spears (cut into pieces), and 1 sliced chicken sausage. Place the pizza on the baking sheet and bake until the cheese is melted and the crust is golden, about 15 minutes. Remove from oven; top with crushed red pepper and grated Parmesan.

Makes 6 slices. Per slice: 275 cal, 15 g fat (5 g sat fat), 14 g pro, 26 g car, 5 g fiber.



BACON AND SWEET POTATO PIZZA

Active: 10 minutes
Total: 25 minutes

Heat oven to 450°F with a rimless baking sheet set on the middle rack. Place 1 small peeled sweet potato (cut into ¼-in. dice) in a microwave-safe dish filled halfway with water. Nuke on high, turning the potatoes once until they are almost tender, for 3 to 5 minutes; drain and set aside. Brush a 12-in. par-cooked whole-wheat pizza crust (like Boboli) with 1 Tbsp olive oil and season with kosher salt and ground black pepper. Top with ¾ cup shredded mozzarella, the sweet potato, ½ small thinly sliced red onion, and 2 slices diced raw bacon. Place the pizza on the baking sheet and bake until the cheese is melted and the crust is golden, about 15 minutes. Remove from oven; top with cilantro leaves and grated Parmesan.

Makes 6 slices. Per slice: 251 cal, 12 g fat (5 g sat fat), 11 g pro, 28 g car, 8 g fiber.

—Recipes by Khalil Hymore

GET YOUR GREENS PIZZA

Active: 10 minutes
Total: 25 minutes

Heat oven to 450°F with a rimless baking sheet set on the middle rack. Brush a 12-in. par-cooked whole-wheat pizza crust (like Boboli) with 1 Tbsp oil and season with ¼ tsp each kosher salt and ground black pepper. Top with 2 cups baby spinach, ¾ cup shredded mozzarella, ¼ cup frozen peas, and 1 cup raw broccoli florets. Place the pizza on the baking sheet and bake until the cheese is melted and the crust is golden, about 15 minutes. Remove from oven; top with fresh basil leaves and grated Parmesan.

Makes 6 slices. Per slice: 230 cal, 11 g fat (3 g sat fat), 11 g pro, 22 g car, 5 g fiber.





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Linon Chelsea walnut bench, \$64.99; overstock.com.
Wedding Chevron fabric by Mrshervi,
\$17.50/yard; spoonflower.com. Batting, info at right.

MINI BUDGET, MAJOR MAKEOVERS

With a few smart purchases and some easy D.I.Y.s, you can give your home a face-lift without frying your bank balance. None of the gorgeous room redos here cost more than \$500 (and some a lot less). Your dream home is right this way...

BY VIRGINIA VANZANTEN
PHOTOGRAPHED BY ALISON GOOTEE

A new entryway for \$271.57

Nothing puts you in a worse mood than coming home only to trip over a pile of coats and shoes. These pretty pieces and nautically inspired D.I.Y.s will tame the chaos:

1. These oar coatracks are functional and also long on personality. Buy a plain oar, then use painter's tape and craft paint to add the simple designs. Screw in pegs and hang.

TOTAL: \$56 Caviness R-40 paddle, \$22.24 each; blackbearsportinggoods.com. 2-inch birch economy grain knob, \$0.92 each; niceknobs.com. Craft paint, approx \$2/bottle; michaels.com.

3. Rehabbing a wooden bench couldn't be simpler: Cover the seat with batting (for cushion) and secure it to the underside of the seat with a staple gun. Repeat with fabric, and that's it.

TOTAL: \$109.95 Tanya Whelan Petal Home Decor sateen French stripe fabric, \$9.98/yd; fabric.com. Batting, approx \$5/yd; joann.com. Boraam Farmhouse wooden bench, \$79.99; wayfair.com.

2. Add much-needed storage and give the illusion of pricey wainscoting at a fraction of the cost: Hang a wall-to-wall shelf about five feet from the floor, then paint the shelf and the wall below it.

TOTAL: \$59.65 Funder 97 x 12-inch white shelf board, \$13.48; lowes.com. Black decorative 6-inch steel shelf bracket, \$4.09 each; midlandhardware.com. Benjamin Moore Niagara Falls 1657, \$37.99/gallon.

4. Repurpose a sturdy outdoor planter as a bin for your gear.

TOTAL: \$20.99 14-inch Chippendale square planter; target.com.

5. Revive your old doormats with spray paint. Add a nautical flag motif or stencil on the family monogram.

TOTAL: \$24.98 Sindal doormat, \$4.99 each; ikea.com. Spray paint, approx \$5/can; homedepot.com for stores.

\$8.99



American Designer Pottery
14-inch veranda
planter, homedepot.com.

\$9.99



Sindal door
mat + spray paint,
info at right.

STUDIO D, PROP STYLIST, MAIN IMAGES:
CARLA GONZALEZ-HART, PLANTER,
MAT, OARS: LARA ROBBY/STUDIO D,
PROP STYLIST; CARLA GONZALEZ-HART,
ALL OTHER STILLS: COURTESY OF THE
MANUFACTURERS.

A new living room for \$454.15

Stuck in Boringtown, USA? Spruce up your space with these little fixes and great buys:

1. Walgreens.com will blow up a photo for cheap. Put it in an Ikea frame and you get personalized wall art.

TOTAL: \$49.98 24 x 36-inch print, \$29.99; walgreens.com. Ribba frame, \$19.99; ikea.com.

2. Every room needs a statement lamp.

TOTAL: \$70 Mamie fluted celadon glass console lamp; lampsplus.com.

3. Give a standard side table a custom feel by hammering on a border of metal studs or adding some vibrant Greek key brackets (see below).

TOTAL: \$24.29 Lack side table, \$9.99; ikea.com. Upholstery nails, \$1.30 for 20; homedepot.com.

4. Slipcovers are pricey, so try this hack: Drape a blanket over the seat of your couch and behind the back cushions. Finish with throw pillows.

TOTAL: \$179.89 Plaid wool throw, \$99.90; zarahome.com. Ikat 16-inch throw pillow, \$40; etsy.com/shop/motifpillows. Linen throw pillow, \$39.99; bedbathandbeyond.com.

5. A room-filling new rug instantly ties the whole look together.

TOTAL: \$129.99 Striped 5 x 8-foot dhurrie rug; worldmarket.com.



OR TRY THESE OPTIONS FOR \$476.20

\$49.98



Walgreens 24 x 36-inch custom photo print + frame, info above.

\$49.95



Quinn faux-wood table lamp, lampsplus.com.

\$29.97



Greek Key corner, \$9.99 for 2; myoverlays.com. Lack side table, info above.

\$129.40



Serapa pillow, \$29.95; cb2.com. Washed velvet pillow, \$39.50; potterybarn.com. Miles yellow and white throw, \$59.95; crateandbarrel.com.

\$216.90



Radiante Ning 4 x 6-foot multi rug, \$241; rugsusa.com (10% off with code REDBOOK10).

IMAGE IN FRAME: GETTY IMAGES. TABLE: LARA ROBBY/STUDIO D. PROP STYLIST: CARLA GONZALEZ-HART. ALL OTHER STILLS: COURTESY OF THE MANUFACTURERS.

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*Based on co-marketing agreements.

at home



A new bedroom for \$445.92

You spend one third of your life in your bed, so you *need* to make it a happy place.

1. Don't splurge on new sheets—just add one pizzazz-y pillow.

TOTAL: \$64.99 Toss Pillow linen birds pillow; target.com.

2. Buying a headboard is a pricey proposition, so fake one this way: Hang a curtain rod four feet from the floor behind your bed. Then drape a tapestry or textile over it.

TOTAL: \$64.98 Madison Mill 1.375 x 72-inch dowel, \$9.98; lowes.com. Navajo 60 x 90-inch woven textile, \$55; furbishstudio.com.

3. Every nightstand needs a clock (or this chic smartphone dock!) and a lamp that won't cast light on your sleeping partner.

TOTAL: \$129 Stak Ceramics iPhone dock, \$50; brika.com. Mixed Media desk lamp, \$79; landofnod.com.

4. A bedside table with a door is the shortcut to a tidy-looking space. It hides your pile of mags, pj's, and hand cream.

TOTAL: \$57.95 Night table with cabinet; walmart.com.

5. Your bed is the largest piece of real estate in your room. Never underestimate the transforming power of a bright new blanket.

TOTAL: \$129 Kingston queen quilt; potterybarnkids.com.

OR TRY THESE OPTIONS FOR \$347.96

\$19.99



LR Resources
braided
altair pillow,
wayfair.com.

\$78.98



New Woods medium
tapestry, \$69;
denydesigns.com.
Dowel, info above.

\$96.99



Westclox Big Ben alarm clock,
\$16.99; westcloxsource.com.
Blue and white temple jar table lamp,
\$80; lampsplus.com.

\$99



pine nightstand,
ikea.com.

\$53



Pinzon lattice
duvet cover,
amazon.com.

TAPESTRY: DUDET COVER: LARA ROBBY/STUDIO
D. PROP STYLIST: LIZ ENGELHARDT. ALL OTHER
STILLS: COURTESY OF THE MANUFACTURERS.

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That's something even cats find amazing.



Shortcuts to pretty, cheery rooms

Design genius and Oh Joy! blogger Joy Cho shares her most fun and affordable decor tricks.

Some designers take a super-serious approach to their jobs. Not Joy Cho, who has still managed to be seriously successful: The mom of two has built a career from her hugely popular blog Oh Joy!, authored three books, and designed decor lines for Target and The Land of Nod. It's just that when it comes to her interiors—which often include wacky accessories and pops of vibrant color—playfulness is key. “One thing I’ve learned since becoming a mother is how serious we tend to be as adults,” she writes in her new book, *Oh Joy! 60 Ways to Create and Give Joy*. “Remember: If it makes you smile, it will make others smile too!” So we asked for her best tips to making any home a happier place.



“I always look for midcentury items—the clean lines play really well with today’s styles and furniture. My best finds have come from folks like Little Dog Vintage on Etsy.”

“A pitcher is the ultimate multitasker. Throw in some simple flowers and it doubles as a vase.”
Mosser jadeite pitcher, \$39.95; surlatable.com.



“Contact paper is one of my favorite things on earth. With just a few strips, you can turn something unpretty—like a trash can—into something with real character. The best part? Just pull it off when you want to change it up.”

“I use gold as a neutral. Case in point: This wallpaper I designed adds shine, depth, and a little something extra to my living room but still takes a backseat to the art and other colors.”
Petal Pusher wallpaper, \$125 per roll; hyggeandwest.com.



“I love blush as a soft alternative to white walls. If you mix it with gray or warm wood tones, it doesn’t read as girly.”
Benjamin Moore 064 Nautilus Shell



“Every home needs a couple of whimsical pieces that reflect your personality. This candleholder is so cool and quirky with or without candlesticks.”
Rope candlestick, \$35.90; zarahome.com.

“Now that we have two little ones, we swapped our wooden coffee table for a more kid-friendly—no hard edges!—yet stylish pouf. Just add a tray and you’re good to go.”
Morocco 24-inch square pouf, \$157; overstock.com.



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4 instant home refreshers

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Burlap curtains!

If you're on a never-ending quest to find a window treatment that welcomes light, offers privacy, and is still affordable, designer and blogger Justina Blakeney has a ridiculously easy solution: burlap. In her recent book, *The New Bohemians*, Blakeney writes that you need just a few yards of the material cut to size (\$4 per yard at places like onlinefabric.com). Then attach to your curtain rod with ring clips that fasten directly to the fabric. No sewing *at all*.



You gotta try coconut oil

You can use it on your hair! Your cuticles! So why was the super-versatile coconut oil once considered so bad to eat? Because the stuff from the '80s was full of trans fats. The kind you see now is *virgin* coconut oil, healthier because it's less processed. It's a vegan swap for butter in baking—a 1 to 1 ratio. Sarah Britton, author of *My New Roots*, likes cooking dinner with the refined oil, which is flavorless, "unless you want your stir-fry to taste like Hawaii."

DRESS UP YOUR DOOR



This "bouquet" is a little bit April showers, a little bit May flowers, and a seasonally perfect way to style your front door. Blogger Gina Martello, of *Random Thoughts From an Incoherent Mind*, says to simply take a pretty umbrella, tie a ribbon midway down to create the "vase," and add a jumble of artificial flowers (save-on-crafts.com has some great-looking but still affordable silk bunches).

PRETZELS, BUT BETTER

Pastry chef Christina Tosi's new book, *Milk Bar Life*, chronicles the goings-on of the busy staff at her famous New York City bakery and celebrates all the gloriously simple things they nibble on. Like this Blue Cheese Pretzel recipe: Heat your oven to 325°F. Spread 1 cup mini pretzels in an even layer on a small baking sheet. Sprinkle ½ cup crumbled blue cheese over them and bake for 7 minutes. Let them cool (so they get crispy) before gobbling.

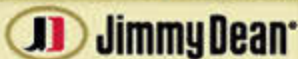




TASTE SO BIG

WE HAD TO

MAKE THEM SMALL



INGREDIENTS:

1 pkg. Jimmy Dean® Regular
Flavor Pork Sausage Roll
1 cup fresh chopped mushrooms
1/2 cup chopped green bell pepper
10 eggs
1/4 cup milk
1/4 teaspoon ground black pepper
1 cup (4 ounces) shredded
cheddar cheese
1/2 cup sliced green onions

DIRECTIONS:

1. **PREHEAT** oven to 350°F. Cook sausage, mushrooms and bell pepper in large skillet over medium-high heat 8-10 min. or until sausage is thoroughly cooked, stirring frequently; drain.
2. **BEAT** eggs, milk and black pepper in large bowl with wire whisk until well blended. Stir in sausage mixture, cheese and green onion. Line cupcake pans with 16 baking liners. Spoon mixture evenly into baking cups.
3. **BAKE** 18-22 min. or until toothpick inserted in center comes out clean. Let stand 5 min. before serving.

PREP TIME: 15 min.

BAKE TIME: 22 min.

COOK'S TIP: Use parchment paper for cupcake liners.

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Shop the issue

BRIGHTEN UP THOSE TIRED EYES

Page 20: Mally Beauty Eyeshadow Base, \$18; mallybeauty.com. Mally Beauty Evercolor Starlight Eyeliner, \$15; mallybeauty.com.

SHIFT TO NEUTRAL POLISH

Page 31: OPI Nail Lacquer, \$9.50; ulta.com. Nails Inc Gel Effect nail polish, \$14; nailsinc.com. Topshop Beauty nail polish, \$8; nordstrom.com. Essie nail polish, \$8.50; essie.com.

BEAUTY UNDER \$25

Page 33: Sonia Kashuk Brush Couture Five-Piece Brush Set, \$16.99; target.com. Michael Kors Nail Lacquer, \$18; macys.com. Crabtree & Evelyn Soap, \$10 each; crabtree-evelyn.com. Pacifica Power of Love Coconut-Infused Mineral Eyeshadows, \$20; target.com. Yes To Grapefruit Basil Liquid Hand Soap, \$3.99; yestocarrots.com. Avon Ultra Color Indulgence Lipstick, \$8; avon.com. Nuance Salma Hayek Buriti Oil Nourishing Shampoo, \$7.99; cvs.com. Milani Rose Powder Blush, \$7.99; milanicosmetics.com.

EVA MENDES HAS REAL BEAUTY ADVICE

Page 42: Estée Lauder Knowing Eau de Parfum Spray, \$82; esteelauder.com. Circa Ultra Suede Cream Blush, \$13; walgreens.com. Circa Magic Hour Illuminating Concealer, \$12; walgreens.com. Estée Lauder Hydrationist Maximum Moisture Creme, \$44; esteelauder.com.

LAUREN'S COVER LOOK

Shirt: Maje. Shorts: Chloe. Necklace, cuff: Bulgari. Get Lauren's cover look with Bombshell Intensity Liner in Pitch Black Passion, Clean Glow Blush in Roses, and Colorlicious Lipstick in Ravish Raspberry by CoverGirl; and Beach Blonde Sea Waves Sea Salt Spray by John Frieda.



FIX-IT-ALL FACE MASKS

Page 46: Glamglow Thirstymud Hydrating Treatment, \$69; nordstrom.com. Lancôme Énergie de Vie Nuit Night Recovery Beauty Sleep Mask-In-Cream, \$65 per 1.7 oz jar; sephora.com. Ole Henriksen Blue/Black Berry Enzyme Mask, \$34; olehenriksen.com.

5 BEAUTY TRICKS I JUST LEARNED

Page 48: Mally Pro-Tricks Dual Core Hydrating Lipstick Trio, \$35; qvc.com. Nude Skincare Detox Brightening Fizzy Powder Wash cleanser, \$42; sephora.com. Oscar de la Renta Flor Eau de Parfum, \$78 for 3.4 oz; macys.com. Matrix Oil Wonders Amazonian Murumuru Controlling Oil, \$24; matrix.com.

DRESS HAPPIER

Page 58: Talbots dress, \$169 to 189; talbots.com. Lydell NYC bracelet, \$34; lydellnyc.com. Gorjana bracelet, \$108; gorjana.com. Earthy Chic Boutique bracelet, \$70; earthychic.net. Lulu's heels, \$34; lulus.com. **Page 59:** Lauren Ralph Lauren shirt, \$69.50; select Bloomingdales stores. Ann Taylor dress, \$129; annataylor.com. GX by Gwen Stefani heels, \$79.95; heels.com. **Page 60:** Cynthia Rybakoff earrings, \$148; cynthiarybakoff.com. 424 Fifth top, \$89; lordandtaylor.com. Hi! Expectation skirt, \$63; hiexpectation.com. Stella & Dot bracelet, \$24.



Dress pretty for less!

Necklace, \$16.99; shopprimadonna.com (20% off with code REDBOOK20). Shirt, \$99.90; zara.com. Shorts, Newport News, \$24; spiegel.com. Sizes 2 to 18. Cuff, \$52; sequin-nyc.com.

stelladot.com. Coco Loves Rome **bracelet**, \$14; cocolovesrome.com. Schutz **heels**, \$200; shop.schutz-shoes.com.

Page 61: Bauble Bar **necklace**, \$44; baublebar.com. 1.State **top**, \$108; nordstrom.com. Cynthia Rybakoff **rings**, \$128 each; cynthiarybakoff.com. Levi's **jeans**, \$78; levi.com.

Page 62: Stella & Dot **necklace**, \$49; stelladot.com. Koral **top**, \$85; bloomingdales.com. H&M **skirt**, \$99; hm.com. Kristin Cavallari by Chinese Laundry **heels**, \$140; chineselaundry.com.

Page 63: Cynthia Rybakoff **earrings**, \$148; cynthiarybakoff.com. Ann Taylor **top and pants**, \$69.50 and \$98; ann.taylor.com. Gorjana **bracelet**, \$68; gorjana.com. BC Footwear **flats**, \$60; shopruche.com.

Sweepstakes Rules

BEAUTY UNDER \$25 SWEEPSTAKES; EVA MENDES HAS REAL BEAUTY ADVICE SWEEPSTAKES; FIX-IT-ALL FACE MASKS SWEEPSTAKES; 5 BEAUTY TRICKS I JUST LEARNED SWEEPSTAKES. NO PURCHASE NECESSARY TO ENTER OR WIN. Sponsored by Hearst Communications, Inc. To enter beginning March 17, 2015, at 12:01 a.m. ET through April 20, 2015, at 11:59 p.m. ET, go to redbookmag.com/freebies on a computer or wireless device and complete and submit the entry form for the sweepstakes of your choice pursuant to the onscreen instructions. Important Notice: You may be charged for visiting the mobile website in accordance with the terms of your service agreement with your carrier. Odds of winning will depend upon the total number of eligible entries received. Must have reached the age of majority and be a legal resident of the 50 United States, the District of Columbia, or Canada (excluding Quebec). Void in Puerto Rico and where prohibited by law. Sweepstakes subject to complete official rules available at redbookmag.com/freebies.

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- 1 tsp ground cinnamon
- 1 tsp stevia (optional)



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- 1 cup raw spinach leaves
- ½ pear
- 1 tsp stevia (optional)



Mocha Magic

- 8 Tbsp Almased
- 12 oz unsweetened almond milk
- 1 Tbsp unsweetened cocoa powder
- ¼ cup cold coffee
- 1 tsp stevia (optional)



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HE'S THE ONE—TIMES TWO!

Did you marry your bestie?

Most women said **YES (71%)**, their husband is their closest friend, and...

75% of all of you would rather have a **STEAMY** getaway with him than go on a girls' weekend.

39 PERCENT OF YOU SAID IT'S MOST IMPORTANT FOR A GOOD FRIEND TO BE **LOYAL**,

AND ONLY 5 PERCENT SAID THEY NEED TO BE **FUN**. NOW THAT'S LOYALTY.

8 OUT OF **10**

WOMEN ADMIT THEY'VE **LIED** TO THEIR FRIENDS, BUT HOLD THE SIDE-EYE—IT'S MOSTLY TO **PROTECT YOUR FEELINGS**.

(SORRY, YOU *DID* LOOK BIG IN THOSE JEANS.)



SIXTY PERCENT OF YOU HAVE FELT THE **STING OF BREAKING UP** WITH A GOOD FRIEND, BUT WE LOVED ONE READER'S ZEN TAKE:

SOMETIMES THE FRIEND GARDEN NEEDS TO BE

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TO ENCOURAGE POSITIVE GROWTH.  SO TRUE.

Some of your split-up stories were *cuh-razy*. Check them out at redbookmag.com/breakup.

For better or worse?

ONLY

ONE THIRD OF WOMEN ARE STILL FRIENDS WITH EVERY MEMBER OF THEIR BRIDAL PARTY... AND

5%

OF YOU **NO LONGER TALK** TO ANY OF THEM.

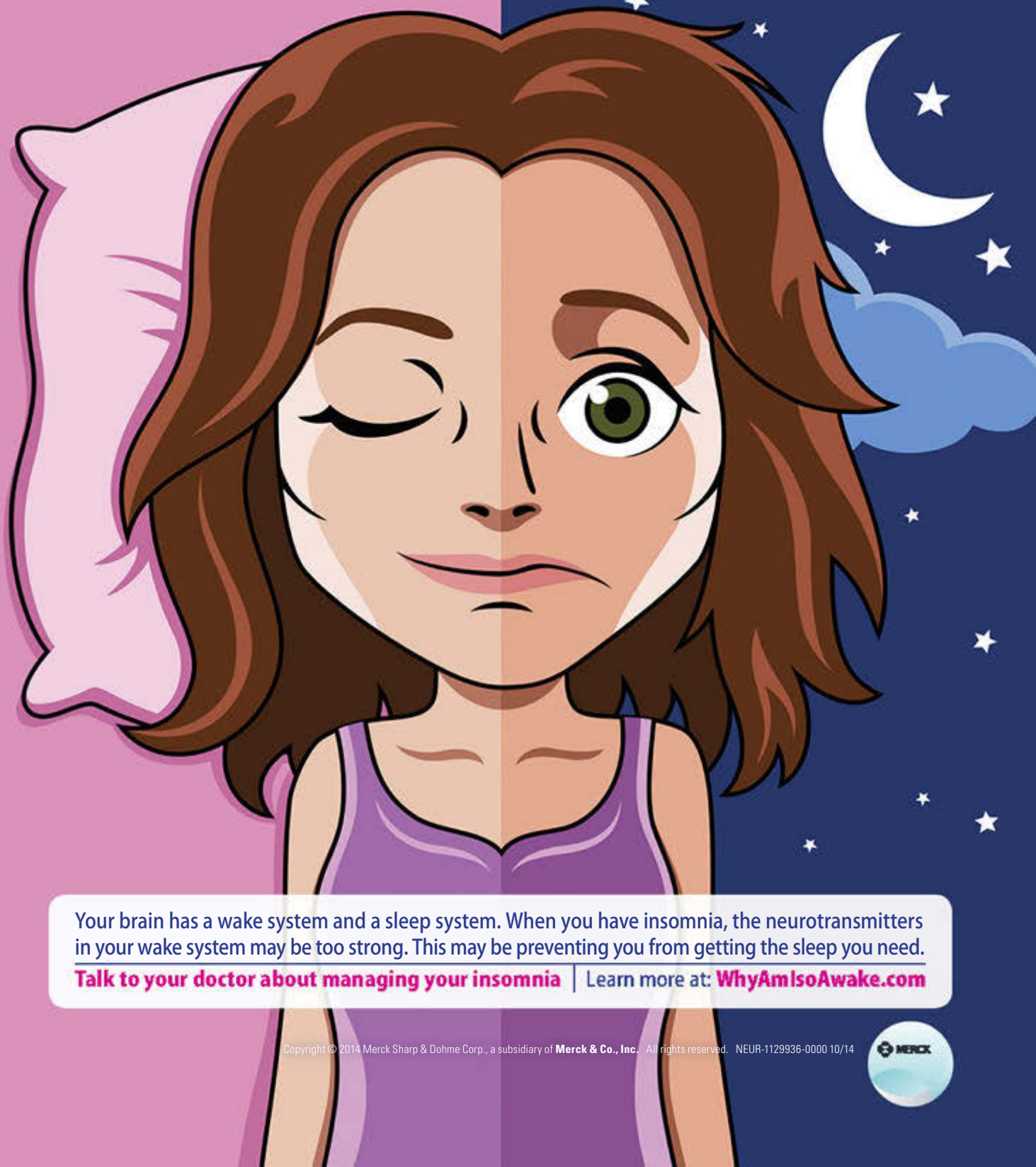
✿ **YOU SAID** ✿

HAVING A FRIEND **STEAL FROM YOU** WOULD BE WORSE THAN HAVING HER **FLIRT** WITH YOUR HUSBAND OR **BAD-MOUTH** YOUR KIDS.

Sleep

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3 REDENSIFIES
SKIN

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#1
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